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ABS

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POWER
FOOD**

**SPEED
TRAIN
YOUR
BRAIN**

**76
SMART
SUMMER
LOOKS**

**TURN
FAT INTO
MUSCLE**
9 NUTRITION
SECRETS
OF **HUGH
JACKMAN**

Hugh Jackman wears Ralph Lauren

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July/Aug 2013 Mensfitness.com

A person is captured in a burpee position in a gym. They are wearing a dark t-shirt, light-colored shorts, and sneakers. A dumbbell is held in their right hand, positioned behind their back. In the foreground, a clear plastic water bottle with the label "proper zero" is on the floor. The background is a blurred gym environment with various pieces of equipment and bright overhead lights.

AND I'M JUST GETTING STARTED.

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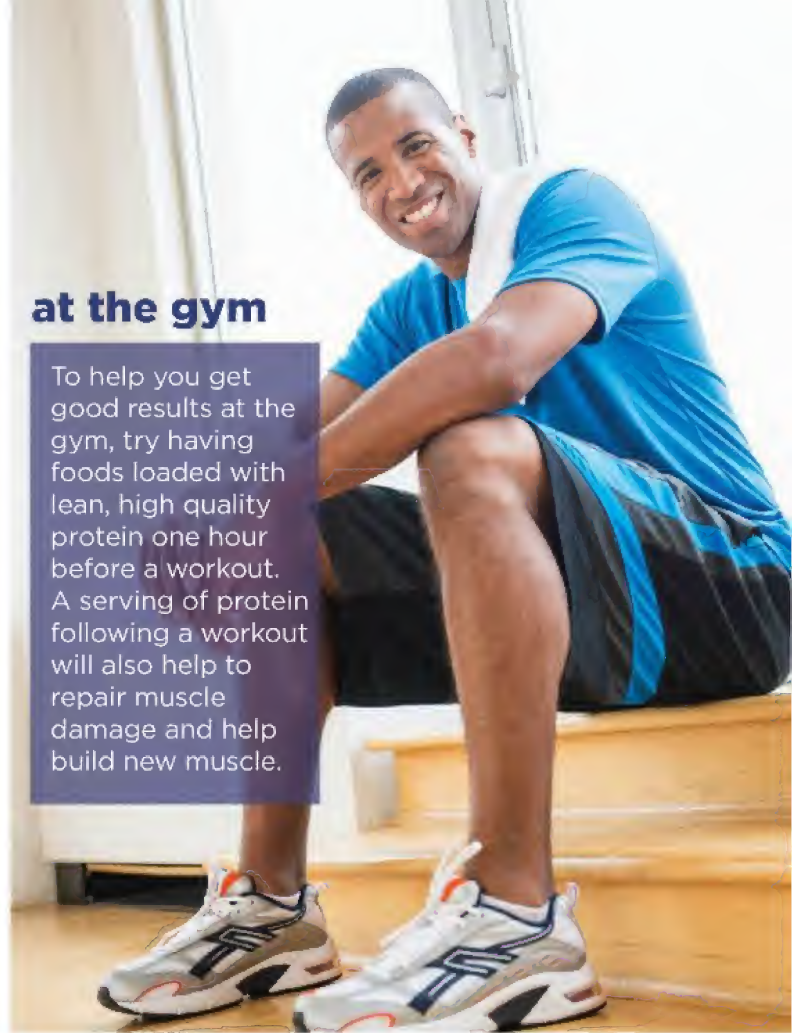
Proteins help support and maintain muscle strength. Animal and soy protein provide the nine essential amino acids the body can't produce to help the body build its own proteins.

Check out oikosyogurt.com to learn more about the benefits of protein



at the gym

To help you get good results at the gym, try having foods loaded with lean, high quality protein one hour before a workout. A serving of protein following a workout will also help to repair muscle damage and help build new muscle.



waking up

Lean, high quality protein in the morning will help provide your body with fuel and energy to start the day. Animal and soy are sources of complete protein, but eggs, dairy and beef are among those better digested.* Greek nonfat yogurt is a great choice because it is an excellent source of protein.

*Schaafsma G et al. The protein digestibility-corrected amino acid score. J Nutr. 2000;130(7):1865S-7S.



in the kitchen

Use lean, high quality protein to help make a nutritious meal at any time of the day. Don't get stuck in the monotony of eating bland baked chicken breasts day in and day out. Use nonfat greek yogurt in place of oil or marinades before grilling for a new, tangy flavor, or to make a dip with fresh vegetables.





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DARK OBSESSION

for men

Calvin Klein

a new fragrance



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IN TOUCH WITH YOUR TIME



**AUTOMATIC
CHRONOGRAPH**

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Photograph: Ben Watts
Groomer: Asia Geiger for Bumble and bumble/Celestine Agency
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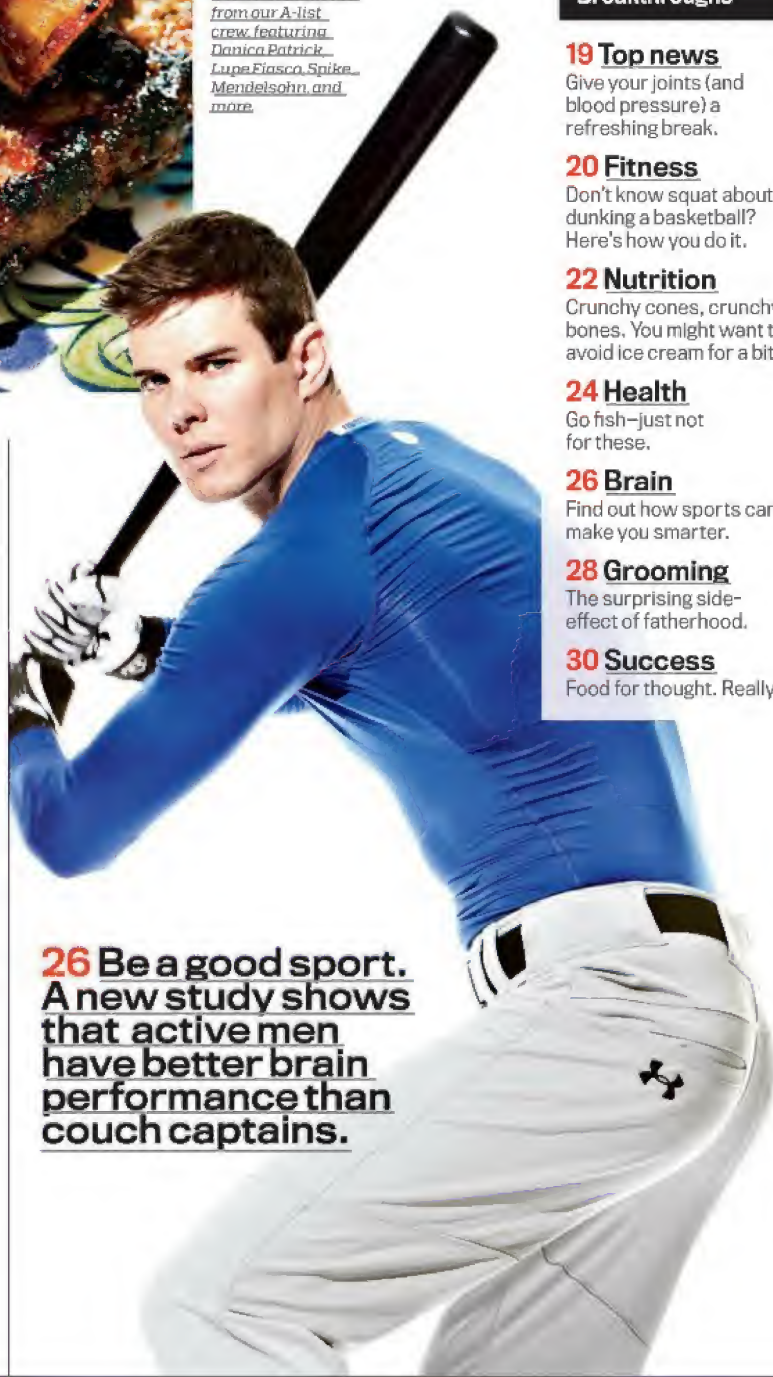
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THIS MONTH ON MensFitness.com

EAT RIGHT TONIGHT

From power breakfasts to post-workout grub, our new and improved recipe finder will make it easy for you to feed the beast morning, noon, or midnight.

► mensfitness.com/healthyrecipes

HEALTHY WAYS TO UPGRADE YOUR BURGER

You can slap some ketchup on that bun and call it a day, or you can aspire to a better burger. Mango chili slaw, quick pickled onions, and fifth-dimension powder are just a few of the kick-ass toppings you'll find in our all-inclusive hamburger guide.

► mensfitness.com/topit

QUENCH YOUR THIRST

A recent study published in the journal *Medicine & Science in Sports & Exercise* found that coconut water replenishes body fluids just as well as sports drinks. Crack a bottle open after your next workout, then discover nine other surprising ways to stay hydrated.

► mensfitness.com/quench

THE PERFECT SCORE

Summer's here, the days are longer, and the skirts are shorter. Brush up on our expert sex strategies that'll guarantee you a home run.

► mensfitness.com/perfectscore

THE HARD-GAINER'S GUIDE TO GETTING BIG

Spending countless hours in the gym with little or no gains? You may be breaking the rule of rest. We've got the fix, along with three other super-sizing techniques for the skinny guy.

► mensfitness.com/getbig

ESSENTIAL SUMMER BEACH GEAR

Time to show off a winter's worth of blood, sweat, tears, intervals, and fat-burning circuits. Suit up your beach body in the latest styles.

► mensfitness.com/beachgear



Take your magazine to the next level. Download our free app on your phone or tablet and then hover the device's camera over any page with the MF Go! icon to unlock interactive features.

This month's MF Go!-enhanced stories include:

OUR COVER STORY

■ Check out Hugh Jackman's MF cover shoot.

SUMMER SKIN CARE

■ Two more skin-care essentials to add to your arsenal.



ULTIMATE ATHLETE PRIMER

■ Hone your sport skills for our Ultimate Athlete event with these expert tips.

FARMERS' MARKET GUIDE

■ Celebrity chef Devin Alexander helps you navigate through the fresh-food market.

RED HOT LUPE

■ Go behind the scenes of Lupe Fiasco's MF shoot. The talented MC gives us his summer picks and even busts out a Men's Fitness freestyle.

WINGING IT

■ Is your game a little rusty? Our wingwoman shows you how to become the ultimate pickup artist.

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Kick off your shoes

AS THE CEO of a major international corporation, I'm often asked by young guys, "What's the biggest mistake you see people make in business?" There are a lot of common ones: managing down but not up, and vice versa. (You need to tend to your relationships with senior management as well as the guys in the mail room.) Over-investing in one area and not staying diversified. (You're a business; make sure you always have more than one client.) Focusing too much on "hard work" as opposed to what really matters: getting stuff done.

But the top mistake I see ambitious guys make is this: They don't take enough vacations. Vacation is where we learn new skills, discover new inspiration, and feed our creative souls. It goes back to my previous point: Most of us are worried that if we aren't constantly "working hard," we're falling behind. But a career is like a fitness program. If you're a long-time reader of this magazine, you know that working the same muscles day in and day out will only overtire them and make it harder for them to grow. Your body needs recovery time in order to get stronger. And so does your career.

But there's a difference between just flopping on the couch and doing what fitness experts refer to as "active recovery." Your body grows and heals best when it's being challenged in new and different ways, and your mind does, too. When you take a risk by trying a new sport, traveling to an uncharted destination, or throwing yourself in among people you wouldn't otherwise meet, you force yourself to grow—and, as a result, you bring back to the office a better, buffer brain.

So this month, we gathered some of the hippest people on the planet—people like tennis hotshot Maria Sharapova, celebrity chef Spike Mendelsohn, rapper Lupe Fiasco, NBA Rookie of the Year Damian Lillard, and record-breaking NASCAR driver Danica Patrick—who've all spent their lives doing exactly what I'm describing: traveling, engaging, and challenging themselves. And we've asked for their insider advice on how you can make this summer your best ever. Think you can keep up with this crew? Turn to [page 71](#) and see.

The next move is yours: Kick off your dress shoes, throw on a pair of sneaks, stop working so hard...and start getting stuff done. Here's to being stronger than ever by Labor Day.



DAVID J. PECKER
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of American Media, Inc.*



Shoes: LACOSTE
Want it? See [page 166](#).

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"THE MOST UNDERRATED PART OF TRAINING IS THE AMOUNT OF EFFORT THAT YOU PUT IN."

DAN TRINK

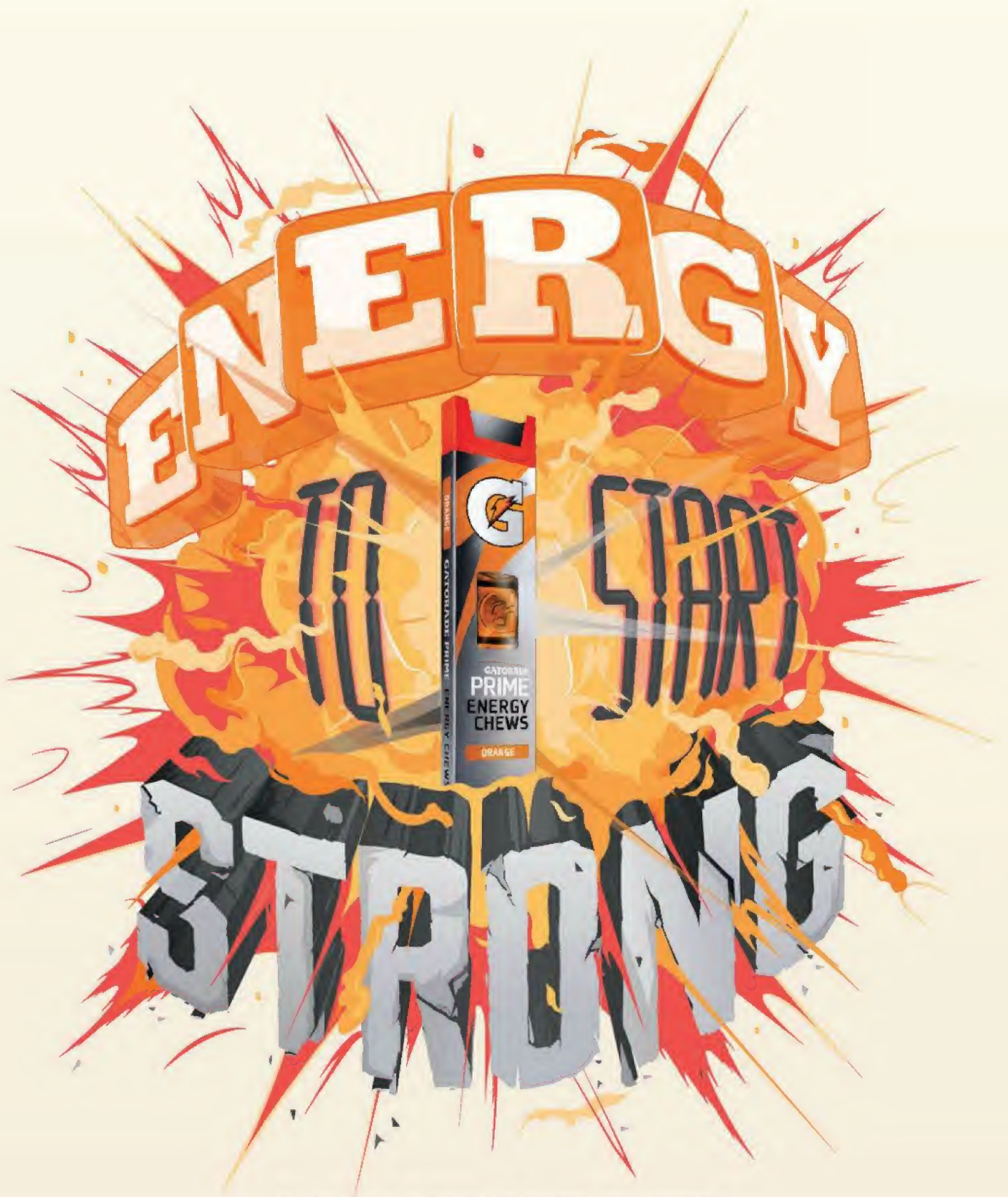


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HARD-HITTING
NEWS FROM THE
CUTTING EDGE
OF SCIENCE

Breakthroughs

SWIM TO THE TOP

■ That big trough of water with the ladders is not just for lying next to. Especially since researchers in Mumbai, India, found that swimmers have a lower resting systolic (or maximum) blood pressure than non-swimmers. "Swimming is a healthy activity that can be continued for a lifetime," write the authors of the study, published in the *International Journal of Applied Biology and Pharmaceutical Technology*. "The health benefits swimming offers...are worth the effort it takes to get to the swimming pool." Among those benefits: a chance for your joints to take a break, to help prevent future injury.

Swim trunks:
SPEEDO
Want it?
See page 166.

THIS SUMMER,
HIT THE POOL
TO LOWER BLOOD
PRESSURE—AND
BURN FAT AT
THE SAME TIME.

Styling by Lara Amis/On Set Management; Grooming by artense; Hair by Dawson Agency

MATT HAWTHORNE

JULY/AUGUST 2013 MEN'S FITNESS 19

fitness

Breakthroughs

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VERTICAL
POTENTIAL BY
PERFORMING
FULL SQUATS.



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pants: LEVI'S
shoes: CONVERSE
Want it? See page 166.

GO HUNGRY

■ To burn more fat, skip breakfast and head right to the gym. A study published in the journal *Metabolism* measured the energy expenditure (calories burned) of 12 male endurance athletes as they performed 60 minutes of stationary cycling at 50% of their VO2 max. Researchers found that when the group trained before eating, their average rate of energy expended was higher, as was the number of calories from fat they burned. The fasting men also burned more fat over a 24-hour period—720, versus only 608 when they worked out after breakfast.

CLUB MED YOUR MUSCLES

■ It's not only your brain that needs time off—your muscles could use a break, too. A study in the *Journal of Applied Physiology* found that periodically taking a week or so away from lifting helps resensitize your muscles to m-TOR, a protein that signals muscle growth. Researchers concluded that, while it's true your ability to gain muscle is greatest when you're a beginner, taking occasional short breaks away from working out may help renew that effect, increasing the training benefits and enhancing recovery.

SEX MYTH #210

■ It may be good for relieving stress and boosting your ego, but sex doesn't do much to burn calories, according to a review paper published in the *New England Journal of Medicine*. The paper examined the claim that sex burns between 100 and 300 calories per hour. The reviewers found that an hour of sex burns 210 calories. They also report that the average round of sex lasts six minutes—meaning we'd need to have sex 10 times a day to burn those 210 calories. Challenge accepted.

TOUCH THE SKY

■ Want to jump higher? Don't cheat yourself on squats! That's according to a study published in the *Journal of Strength and Conditioning Research*. In order to compare how rugby players' jump height was influenced by squats done to parallel versus quarter-range, researchers first established a baseline, then tested subjects' three-rep max on one of the two squat variations. Those who squatted lower—till their thighs were parallel to the floor—jumped higher afterward, indicating that neural and muscular activation may be better when squats are performed fully.

Styling by Seth Howard/Exclusive Artists. Grooming by Jessi Butterfield using Hourglass/Exclusive Artists



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nutrition

Breakthroughs

CRUNCH TIME

■ According to a study published in the journal *Psychological Science*, people seek out high-calorie foods when stressed. Subjects were primed with neutral or negative messages, then given "high-calorie"

and "low-calorie" M&Ms (there was no difference). Negative input caused a nearly 70% increase in high-calorie consumption. "People seek high-calorie food when they perceive they're in a harsh environment, because [that] makes them feel resources are scarce," says Juliano Laran, Ph.D., one of the researchers. Our advice? Load up the fridge with veggies before the big game.

DO THE WHITE THING

■ Strokes are 52% less common in people who consume high amounts of "white fruits and vegetables," according to a Dutch study spanning 10 years and involving more than 20,000 participants. In the study, 55% of the white fruits were apples or pears. Published in *Stroke: Journal of the American Heart Association*, the research went on to state that every 25-gram-per-day increase in white fruits and vegetables could lower your risk of stroke by about 9%. Try adding a sliced apple to your oats in the morning.

POP THE PILL

■ Consuming high amounts of vitamin D during young adulthood could reduce your risk for type-1 diabetes by half later in life. When Harvard researchers analyzed and compared blood from people with adult-onset diabetes and subjects in a control group, subjects with high D were approximately half as likely to develop diabetes. "There's good evidence that adequate vitamin D is important for overall health, and consuming 1,000-4,000 IU per day of vitamin D3 via supplements is an effective [way] for most people to achieve adequate vitamin D levels," says Cassandra Munger, the study's lead researcher.

Freeze. Takes some Greek yogurt out of your fridge and put it in the freezer for a healthy frozen dessert or snack.

CAN THE CREAM

■ Sticks and cones may break your bones. Well, the ice cream *inside* the cone. A recent study from the Institute for Aging Research found that cream may be related to lower overall "bone mineral density" (BMD), which could increase your risk of fractures. "Cream and its products were associated with lower BMD, which could be because cream is low in bone-beneficial nutrients such as calcium and vitamin D," says lead study author Shivani Sahni, Ph.D. Milk and yogurt, on the other hand, were shown to actually increase BMD.

INSIDE SCOOP: NEW RESEARCH FINDS THAT ICE CREAM CAN WEAKEN YOUR BONES

CHOCOLATE MINT IS A crappy source of calcium. Try these calcium-rich foods instead. mensfitness.com/calcium

Food styling by Matt Vohr/Halley Resources



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JAWS OF DEATH

OUTRUN CANCER

■ If liver cancer runs in your family, put on your running shoes: Groundbreaking research by the European Association for the Study of the Liver (EASL) suggests regular cardio could help prevent the big C. Mice were put on a high-fat diet (which may lead to liver cancer) then split into cardio and sedentary groups; the mice that ran an hour a day, five days

a week, developed 29% fewer large tumors than the sedentary mice. This could benefit people "staring down the barrel of liver cancer," says the EASL's Jean-Francois Dufour, M.D.

AN HOUR OF CARDIO A DAY COULD HELP YOU AVOID LIVER CANCER.

MAN'S BEST FRIEND

■ The next time he chews up the remote control, be glad you have him anyway. According to a statement by the American Heart Association, owning a dog may reduce your risk of cardiovascular disease. "The data we

analyzed show a direct relationship between pet ownership and decreased cardiovascular risk," says Glenn N. Levine, M.D., chair of the group that put out the statement. Owning a dog can also decrease your risk of high blood pressure and cholesterol, and improve your mood.

BINGE CRINGE

■ It's time to send Edward 40 Hands into retirement. A study in the *Journal of the American College of Cardiology* warns that regularly consuming multiple drinks in a short window of time can cause changes in circulation that increase an

otherwise healthy young guy's risk of developing heart disease later in life. "It's important to understand that binge drinking patterns are associated with serious social and medical consequences," says the co-author of the study, Mariann Piano, Ph.D.

■ Too much mercury-rich seafood could leave you sleeping with the fishes. According to an Indiana University Bloomington study, young adults exposed to higher levels of mercury are 65% more likely to develop type-2 diabetes later in life. The researchers found that people who ate more seafood tended to have higher levels of mercury; so avoid typically mercury-rich predators like shark and swordfish, and load up your plate with shrimp, catfish, and salmon.

CAN'T GET A NIBBLE?

Head to the market after checking out our fish buying guide, mensfitness.com/buyfish



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MIND GAMES

Can sports make you smarter? The answer is yes, according to a recent study. When researchers at the University of Granada compared sporty and sedentary subjects, those who played sports exhibited better cognitive performance and reaction time than their less-active counterparts, as well as a longer attention span. Sport, the authors found, also helps promote the growth of nerves and blood cells in the brain, while preventing neurodegeneration. Foosball doesn't count, though. "It may not be enough just to exercise at very low intensity," says Antonio Luque Casado, lead author of the study.

**KNOCK
MENTAL
TASKS OUT
OF THE
PARK BY
PLAYING
SPORTS
REGULARLY,
RESEARCH
SAYS**

TAKE CONTROL

Want to lose your sweet tooth? Hang out with someone who doesn't have one. According to research from Duke University, people with low self-control make better choices when they're around those who know how to restrain themselves. "People with low self-control could relieve a lot of their struggles by being with an individual who helps them," says Catherine Shea, Ph.D., the study's co-author.

WE STILL DON'T GET IT

German scientists recently decided to see if we men had come any closer to understanding women. The researchers asked 22

male subjects to look at images of men's and women's eyes and then name the emotion they were witnessing. Turns out we still don't have a clue. The men found it twice as difficult to identify the females' emotions.

FIGHT THE POWER

Research from the U.K. suggests that in-person negotiations favor the higher-ranked person. Negotiating remotely, via phone or e-mail, "can mean the contextual details, such as power hierarchies, have less impact," says study author Michael Taylor. The next time you have to negotiate with someone ranked above you, make sure you're somewhere else.

Shirt, pants, belt, and cleats:
UNDER ARMOUR
Want it? See page 166.

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grooming

Breakthroughs



DAD FORM

■ Becoming a dad changes everything, including how you view yourself physically, according to a study published in the *Journal of Gender Studies*. Over the course of two years, 182 newlyweds were asked to rate their appearance on various scales. Married men who became fathers during that time reported feeling more attractive after the birth of their child. "It may be that having a baby heightens men's sense of masculinity, and that extends into feeling more positive about one's physical attractiveness," says Alicia Cast, Ph.D., the study's lead author. Of course, if you don't have a kid, there are cheaper ways to look more attractive—see page 52.

Dad's shirt: 7 FOR ALL MANKIND; Watch: JORG GRAY; Child's clothing: GAP KIDS; Want it? See page 156.

HAIRY SITUATION

■ Stubble is sexy. That's according to new research in the journal *Evolution and Human Behavior*. After showing 351 women and 177 men photos of guys at four stages of beard growth (clean shaven, light stubble, heavy stubble, and full beard), heavy stubble was rated as the most attractive look for a guy. "Stubble conveys maturity and manliness, with

less of the macho aggressiveness implied by a full beard," the study authors report.

CRAZY, STUPID LOVE

■ Chicks may dig *Magic Mike*, but that doesn't mean you have to be Channing Tatum to attract them. A new study in the journal *Communication Monographs* found that women don't adopt unrealistic expectations from romantic

comedies. Researchers compiled romantic concepts—like "love at first sight" and "the one"—from a decade's worth of romcoms into a survey, then asked 239 female undergrads to rate how much they believed in each one. The relationship between chick flicks and the women's expectations was weak. No woman has ever complained about a guy with a six-pack, though, so keep training hard.

HOPELESS ROMANTIC

■ A new study reports that the more critical a man is of his own body, the less hopeful he's likely to be about landing a girlfriend.



Listen up. Women don't expect this.

Researchers at the University of Nebraska-Lincoln had 227 college-age men complete a survey that measured how they viewed their bodies, along with how they set and achieved goals. Men who were overly critical of their physiques tended to feel more body-related shame and thus were less able to create new relationships.

SPEAK UP

■ Men with deeper voices are perceived as more attractive by the opposite sex, reports a new study from University College London. Researchers had women listen to two voice samples—one high and one deep—then asked which they found more appealing. Most women chose the lower voice, saying it suggested the voice belonged to a larger, more powerful man.

Channing Tatum: Warner Bros./The Kobal Collection

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Success

Breakthroughs



**CASH IN
ON THE
BENEFITS
OF THE
MEDITERRANEAN
DIET**

MONEY ON THE BRAIN

■ Your diet might be the cause of your debt. Success is a thinking man's game, and the food you eat can have a significant impact on your brain. According to a recent study in the journal *Neurology*, people who follow the olive-oil-laden Mediterranean diet—high in antioxidants and omega-3s—have reduced cognitive decline over time, as well as enhanced memory and thinking skills. “Diet is an important, modifiable activity that could help in preserving cognitive functioning in late life,” says Georgios Tsivgoulis, M.D., lead author of the study.

#ANTISOCIAL

■ What's the key to a successful relationship? Hint: not Twitter. Communicating through too many media channels can actually do more harm than good. Researchers at the University of Oxford's Internet Institute studied how 24,000 married people used 10 different forms of media, ranging from texting to Facebook. Couples who interacted via social media felt no greater relationship satisfaction than those who didn't, and couples who used more than five forms even reported decreasing satisfaction. Our advice: Opt for face time instead—and no, not the app.

LONE STAR

■ Need a hand? Don't be so sure. A recent *ask.com* study revealed that people are more productive working alone than in a group. Interestingly, the research also found that employees prefer taking personal “focus time”—i.e., away from those squawking interns—in their workspace to working at home. Whether it's closing your office door or finding a quiet place to think for awhile, implement “focus time” when a task gets close to deadline. Or just give it to the interns.

SMOKE AND WINNERS

■ Are you a smoker? All is not lost. When researchers at Ohio State University made 16 smokers quit for a week, they saw a 2.8% increase in subjects' vascular function. Better yet, when subjects supplemented with vitamin E, the needle moved to 4.3%, or a 19% drop in risk of developing heart disease later in life. “If we can enhance the effectiveness of smoking cessation and lower the risk of future heart disease, I think we'll have a significant impact on public health,” says the study's senior author, Richard Bruno, Ph.D.

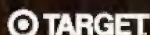
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PEREZ'S PICK-UP ADVICE

GET A WINGMAN

If you don't have access to man's best friend, settle for your regular best friend, Perez says. "When two girls are together, it's nice to have two guys come up to you. A guy recently hit on me when I was with a friend of mine. He came up to our table and completely ignored her. It was uncomfortable for her and she was like, 'Don't date him!' If you're two guys, you can pair off and that makes it easier for whoever is interested in whichever girl to have a conversation without it being awkward. And if you do come out alone, just make sure you're nice to everyone!"



TURN TO PAGE 44 FOR THE
SEVEN RULES EVERY WINGMAN
NEEDS TO KNOW.

GAME CHANGERS

Everything you need to make life work for you

EDITED BY DEAN STATTMANN

How Fit Are You? p.34
Rage Against the Machine p.38
Focus, Dammit! p.42
Summer Skin Essentials p.52

Back It Up

Getting the attention of this sexy model is easy. "I talk to anyone with a dog," says Jessica Perez. Keeping it? You'd better step up your game. "I like guys who go to all their doctors' appointments," she says, "who go to the dentist every year, who get their blood work checked, and know their cholesterol."

MUSCLE BY THE NUMBERS

To truly call yourself fit, you need to be able to hit these benchmarks. But if you can't, we'll show you how.

■ We're pretty sure we can take Tim Lincecum (5'11", 170 pounds) in a powerlifting contest. And if we found ourselves facing Prince Fielder (same height, just add 105 pounds) in a swimsuit contest, we'd be happy with our odds. Yet both of these guys get paid millions of dollars to play baseball, and all we do is sit in an office and write about them.

What gives?

Well, if all you had to do was throw a ball or swing a bat, you might not worry about your overall fitness either. And if you made the kind of bucks pro ballplayers make, your girlfriend might not worry much about how you look in or out of uniform.

But us mere mortals need to shoot for something more well-rounded—a level of fitness that has us ready for the physical demands of everyday manhood.

We asked some of the country's top trainers what they think an average guy who wants to be athletic and vigorous should be able to achieve on a variety of tests. See how you measure up and, if you fall short, how you can improve in no time.

CATEGORY

UPPER-BODY STRENGTH ENDURANCE

TEST: MAX CHINUPS

BENCHMARK: 10-15 REPS

Shorter-limbed, lighter guys will have less trouble than lanky, heavier ones, but every man should be able to get 10 or more chinups. Mastering one's own body weight should be a prerequisite before attempting to load up heavy weights using any equipment, and the chinup is the ultimate measure of relative strength—how strong you are in relation to how much you weigh. It's also the surest route to a wide back.

HIT THE MARK

Use the ladder method, as prescribed by John Alvino (johnalvino.com), owner of the Warrior Gym in East Hanover, NJ. Perform one rep and then rest a few seconds—if you are working out with a partner, wait for as long as it takes for him to do a rep after you. Now do two reps and rest again. Continue adding a rep in this fashion until your form breaks down (the movement becomes slow or you have to struggle to complete it). If you make it to five reps, end it there—don't go to six. Instead, begin a new ladder, starting with one rep again. Perform ladders twice per week, adding an additional ladder set every time you perform the exercise.

MASTER
YOUR BODY
WEIGHT
BEFORE YOU
EVEN THINK
ABOUT
LOADING UP
HEAVY
WEIGHTS.

Shirt: NIKE
Want it?
See page 166.

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Joe DeSena

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Don't use a firm grip ... and underhand actually works better but it wouldn't kill an Elk

OVER UNDER THROUGH

Over: jump up
Under: hands first
Through: feet first

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GAME CHANGERS



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CATEGORY FLEXIBILITY

TEST: OVERHEAD SQUAT
BENCHMARK:
PERFECT FORM

The best way to gauge flexibility in the hamstrings, as well as the shoulders, hips, upper back, and many other muscles, is the overhead squat. Hold a broomstick or similar object overhead with hands at twice shoulder width so it's directly over your

traps. Stand with your feet shoulder-width apart and toes turned out slightly. Keeping your weight on your heels, sit back and squat down until the crease of your hips is lower than your knees. "Optimal flexibility would allow you to do this effortlessly," says Alvino. If you move out of alignment—the bar moves forward, your knees bow in, or your feet turn out—you have muscle imbalances to address.

HIT THE MARK

Stretch dynamically before each workout. For the upper body, you can try shoulder band dislocations—hold a band with both hands outside shoulder width and rotate your shoulders over your head and back as far as possible with elbows locked. For the lower body, try a lunge and twist: hug one knee to your chest and then step into a lunge and twist your torso away from your lead leg.

CATEGORY POWER

TEST: STANDING
VERTICAL JUMP
BENCHMARK:
23 INCHES

The vertical jump test is used by football teams to measure explosiveness. The higher off the ground you can get, the faster you can move and apply force.

HIT THE MARK

Martin Rooney, creator of the Training for Warriors system (trainingforwarriors.com), recommends beginning leg workouts with broad jumps. Do 10 single jumps twice per week for two weeks. In weeks three and four, upgrade to triple hops—jump forward, land, then use the momentum generated to jump twice more. Do six sets of those. For weeks five and six, make it five consecutive jumps; do five sets. Test your vertical jump again in week six. You can measure it with chalk. At the height of your jump, swipe the chalk against a wall.

Continued on page 163

HARD FACTS

"I DON'T HAVE LONG TO WORK OUT. WHAT'S THE QUICKEST WAY TO GET WARMED UP?"

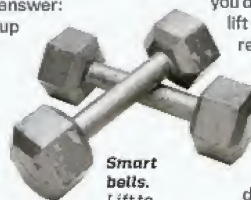
JIMMY D., PITTSBURGH, PA

Here's the textbook answer: You need to make time to warm up properly. Every session should start with five minutes on the treadmill, then foam rolling, mobility drills, stretching, blah, blah, blah.

Now here's my answer: A thorough warmup is important, but if time is tight, you can get it by lifting weights. Simply start your workout with a low-risk exercise such as a dumbbell or machine lift that targets the main muscle or area you're going to train. (Barbell lifts like the bench press or deadlift are too stressful, even with light weights.) If it's a chest day, you can begin with a dumbbell bench press or machine press. If it's a squat day, begin with a leg curl. Get it?

Perform three to five sets of 10-12 reps, resting a minute between them, and ramp the weights up gradually each set. The point is to flush blood into the areas you'll be training, break a sweat, and get a pump. More than any routine of calisthenics or stretches, light lifting prepares your body for heavier training.

While the goal is to get warm without fatiguing your muscles, if you do find that you can't lift as heavy when you're ready for your first official exercise of the workout, that's OK. Your conditioning will improve. If you suffer from nagging joint pain or stiffness, doing these lighter sets first will help you feel much more limber on exercises like the squat and bench press when it's time for them.



Smart bells. Lift to warm up.

Sean Hyson is a Certified Strength and Conditioning Specialist, author, and the group training director of *Men's Fitness*. E-mail your questions to him at asksean@mensfitness.com.



From Left: Getty Images, Jimmy Fontaine

MATT HAWTHORNE



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Fresh. Find the best farmers' markets in the country: p. 159

HUNTERS, GATHER!

Twelve reasons to ditch the produce aisle for your local farmers' market By Devin Alexander

■ You're not still buying your produce at the grocery store, are you? If you're shamefully nodding your head, you've probably also scratched it wondering why your vegetables are never quite as fresh or flavorful as a restaurant's, or why the locale that once offered the possibility of meeting fit, attractive women near the strawberries has lately exhibited about as much dating potential as an airport smokers' lounge.

Turns out the grass actually is greener on the other side: While you're moping about in the produce aisle having settled for the tomato with the fewest bruises, your local farmers' market is swarming with the healthy elite and women in those sheer Lululemon yoga pants you've heard so much about, perusing the freshest seasonal stash and chatting over rutabagas and escarole.

Flee the "Cleanup on aisle five!" and get in on the action. And keep an eye out for these 12 health-boosting superfoods—perfect for striking up a conversation with Lulu.

BUTTERNUT SQUASH

WHAT IT LOOKS LIKE:

A thick, yellow squash

WHY IT'S GOOD FOR YOU:

Phytonutrient-packed butternut squash helps your body combat cell-damaging free radicals, reduces your risk of cancer, keeps your bones strong, and promotes heart, prostate, and colon health, all while staving off the onset of cataracts and the overall aging process of your eyes.

WHEN TO LOOK FOR IT:

September–March

RHUBARB

WHAT IT LOOKS LIKE:

A long, red stalk with small green leaves

WHY IT'S GOOD FOR YOU:

It's high in lycopene and antioxidant polyphenols, and helps promote heart and artery health, reduce LDL cholesterol, and ward off certain cancers. The leaves, meanwhile, contain a toxic substance, so remove them first.

WHEN TO LOOK FOR IT:

April–September

KALE

WHAT IT LOOKS LIKE:

Long, sturdy, dark green leaves with curly edges.

WHY IT'S GOOD FOR YOU:

One cup of boiled kale contains 1,328% of the recommended daily intake of vitamin K, which has been shown to reduce your risk of developing cancer, and is also essential for supporting blood clotting, bone health and strength, and regular antioxidant activity in the body.

WHEN TO LOOK FOR IT:

January–April

WATERCRESS

WHAT IT LOOKS LIKE:

A leafy, almost weed-like salad green

WHY IT'S GOOD FOR YOU:

With as much calcium as milk, more vitamin C than an orange, and more bioavailable iron than spinach, watercress is also packed with vitamins A, B, and K, and rich in magnesium and folic acid.

WHEN TO LOOK FOR IT:

April–December





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ZONE 1

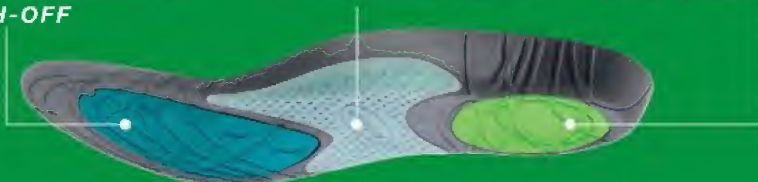
CUSHIONED BALL OF
FOOT TO DISTRIBUTE
PRESSURE DURING
PUSH-OFF

ZONE 2

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DESIGN TO HELP
TRANSITION WEIGHT

ZONE 3

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HEIRLOOM TOMATO

WHAT IT LOOKS LIKE:

A large, often distorted-looking tomato

WHY IT'S GOOD FOR YOU:

They're loaded with lycopene, a plant pigment and antioxidant chemical with tons of health-promoting properties. It's been shown to support immune function and help reduce the risk of several types of cancer, including lung, bladder, skin, prostate, and stomach. Lycopene also contributes to a reduced risk of cardiovascular disease and helps fight off free radicals that cause your skin to age. Plus, tomatoes are high in vitamins A, C, and E.

WHEN TO LOOK FOR IT: June–September

GOLDEN BEET

WHAT IT LOOKS LIKE:

A golden-yellow beet with yellow stems and big green leaves

WHY IT'S GOOD FOR YOU:

This beet can help you fend off atherosclerosis, high blood pressure, cancer, anemia, acidosis, stomach ulcers, and more while detoxifying your liver. It's packed with vitamins A, B1, B2, B6, and C; and contains minerals including calcium, copper, potassium, and magnesium.

WHEN TO LOOK FOR IT: June–October

Continued on page 158



FOODS WITH BENEFITS

OUR MODEL CHEF
CANDICE KUMAI
TELLS YOU HOW TO
DO IT IN THE KITCHEN



Candice Kumai is the author of *Cook Yourself Sexy* and *Pretty Delicious*, a *Top Chef* alumnus, and a regular judge on *Iron Chef America*. E-mail questions to askcandice@mensfitness.com.

"WHAT'S AN EASY, CROWD-PLEASING SALAD I CAN PUT OUT AT MY BACKYARD BARBECUE?" ALEX C., SAN FRANCISCO, CA

Summer grilling is as much about the hot women present as it is about the food sizzling on the grill. Why not impress them with this effortless "fancy" salad, which just happens to contain almost 40 grams of protein, a boost of zinc, and vitamins A and C? Just throw some shrimp into the mix and you'll be on your way. And yes, you can go ahead and flex those guns while manhandling the grill.

Pineapple-Grilled Shrimp Salad (SERVES 4)

FOR THE SHRIMP AND PINEAPPLE:

- 2 tbsp extra-virgin olive oil
- 2 tbsp high-quality tequila
- 1 tsp agave nectar or honey
- 2 tbsp low-sodium soy sauce
- 1 tsp ground cumin
- 1 tsp red pepper flakes
- 1 lb large shrimp, peeled and deveined
- 2 cups pineapple, sliced into 1" triangles

FOR THE SALAD:

- 6 cups dark, leafy mixed greens
- $\frac{1}{2}$ cup roasted red peppers, thinly sliced
- 1 ripe avocado, halved and thinly sliced
- $\frac{1}{4}$ cup toasted pine nuts

FOR THE DRESSING:

- 2 tbsp extra-virgin olive oil
- 1 tsp high-quality tequila
- 2 tsp low-sodium soy sauce
- 2 tbsp orange juice
- 2 tbsp lime juice
- $\frac{1}{2}$ tsp cumin
- $\frac{1}{2}$ tsp chili flakes

1) Combine and whisk marinade ingredients. Add shrimp and

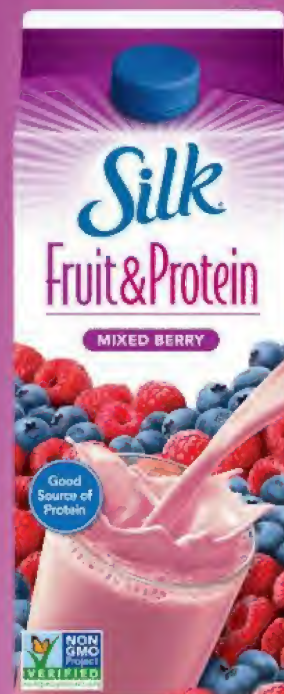
pineapple. Toss to coat. Cover and leave in fridge for 30 mins.

2) Grill marinated shrimp and pineapple (or sauté in a skillet over medium) until shrimp is done.

3) Combine and whisk dressing ingredients. Add greens and peppers. Toss. Top with shrimp, pineapple, avocado, and pine nuts.



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*Silk® F&P has more protein, calcium and vitamin D than typical unfortified orange juice. Orange juice data from USDA Nutrient Database, Release 25.



JIMMY FONTAINE (LOWER LEFT)

MEN'S FITNESS 41

ATTENTION SPAM

Unclutter your brain to keep your mind from wandering By Nancy Ripton

Hey, you. Over here. OK, now pay attention. This is going to take only a few seconds. Anything more than that and there's a good chance we'll lose you: A recent Harvard University study found that we spend 47% of our time thinking about something other than what we're doing at any given moment. And apparently it's making us unhappy and unproductive while increasing our retention of body fat and diminishing our sex drive.

The solution? Mindfulness training. A study published in *Psychological Science* found that just 45 minutes each day can significantly improve your focus and memory in just two weeks.

Can't find 45 minutes to meditate? "Start with just five or 10 minutes," says Dawa Tarchin Phillips, Ph.D., a researcher who worked on the study.

That wasn't so hard, was it? Hello?

Shirt and tie:
BANANA REPUBLIC
Want it? See page 166.

MAY I HAVE MY ATTENTION, PLEASE?

It's Not About Nothing.

"The biggest mistake people make when learning to meditate is trying to empty their mind," says Robert Gonzalez, Ph.D., a certified instructor at the Chopra Center in Carlsbad, CA. "Use an anchor for your attention," Phillips says. It could be your breath or a word.

Location, Location.

Find a quiet, comfortable place to sit for your meditation. Set a timer so you don't have to think about time.

Sit Tall.

With your eyes closed, pull your shoulders back, and keep your spine and head straight.

Explore Your Senses.

Focus on all of your senses. Increasing your mindfulness while meditating helps you become more aware of what you do in your day to day.

ENGAGE ALL FIVE SENSES TO IMPROVE FOCUS AND MEMORY



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LOOKING NEW IS TO NEVER LET IT GET OLD.*

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WINGING IS
YOUR CHANCE
TO INTERACT
WITH WOMEN
IN A NO-LOSE
SETTING

**ADVANCED
WINGING: ABOVE
AND BEYOND THE
CALL OF DUTY**

**Rule No. 4: Say what
your friend can't**

Wait until your buddy goes to the bathroom to talk about his best qualities. For bonus points, don't talk directly to the woman he's interested in. Tell one of her friends instead, and wait for her to repeat it.

**Rule No. 5: Do what
your friend can't**

If your buddy is too direct with his girl, it might turn her off. But you can suggest one last drink to enjoy the view from his amazing rooftop. Or, if you know she drove there, explain an "emergency" to your friend and why you have to go, and ask his girl if she'd mind driving him home, since you were his ride.

**Rule No. 6: Act like the
game is over**

Act like your friend and the woman he's talking to are a couple. Talk about them as a unit. You'll be amazed by the effect. It's a technique called "framing." Women are more affected by subcommunications than by what's actually being said.

**Rule No. 7:
Communicate**

Women talk in private. Men don't. Text instead. That way you can discretely call any necessary audible, like, "Are you sure you're not beer-gogging?" or, "Don't tell the nun-in-the-burning-building story—I already did."

Nick Savoy is the president of Love Systems and the author of the best sellers *Magic Bullets* and *It's Your Move*.

AIR SUPPORT

The seven golden rules of being a wingman

By Nick Savoy

Attractive women rarely fly solo—or date men who do. Having a solid wingman by your side can mean the difference between the two of you sharing the night with a bevy of chicks or a basket of chicken wings.

However, playing Goose to your buddy's Maverick is about more than telling every woman he meets the highly exaggerated story about how he once rescued a nun from a burning building. (Because the building wasn't actually on fire. And she wasn't actually a nun. Though she did have a habit.) It's also your job to entertain her friends while keeping your eyes peeled for potential rivals, whose wings might need to be clipped with a swift "Alpha Mike Foxtrot." (Look it up.)

Winging can also do wonders for your own confidence: It's an opportunity to interact with women in a nothing-to-lose setting. Soar in your role, and you'll gain a loyal wingman in return.

Consider this your field-tested guide to being the ultimate wingman, forged from more than 2,000 nights at bars and clubs teaching men how to attract beautiful women. Abide by its rules the next time you're out with your friends, and you'll be armed and ready for any approach.

**WINGMAN
BASICS: FIRST,
DONO HARM**

**Rule No. 1: He who
approaches, chooses**

It takes balls (and skill) to go over to a group of women, risk being shot down, and start a conversation that goes somewhere. Hence the essential rule: Whoever makes first contact becomes the primary pilot and gets first choice.

**Rule No. 2: Maverick
is always right**

Women learn a lot from how you and your buddies treat

each other. Act like your friends are the coolest people in the world, and women are more likely to agree. Blowing off your friend for a woman you've known for 10 minutes just tells her you're desperate.

**Rule No. 3:
Respect the ratios**

Your friend is talking to three women. You join. One of the friends seems to like you, and now you want to take her somewhere private, away from the group. Should you?

No. If you do, you've left your buddy with the woman he wants—and her friend. In other words, you've left him needing a wingman. Wasn't that your job? (However, if it's just two guys and two girls, leave with the other woman if you can. We call that a win-win.)

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HEARTBEAT

Lupe Fiasco will take your vitals now

Grammy award-winning rappers don't need day jobs. Grammy award-winning rappers give people day jobs to design headphones for them. They become the face of cars they'd never be caught dead driving. They buy basketball teams. So when a member of hip-hop's royal family—no less one who's been dubbed a "genius" by king Jay-Z himself—takes time out of his touring and recording schedule for "a legit nine-to-five," it's enough to make us want to take a closer look. As the new creative director of Higi, a Chicago-based health and wellness company that utilizes a mobile app (and a growing number of monitoring stations around the country) to make it easier for people to take control of their health, Fiasco is following a different kind of beat—and it's a project that's closer to his heart than you'd expect. *Men's Fitness* caught up with him over soul food in Brooklyn, NY, to find out why this rapper is taking things personally.

WHAT MADE YOU TAKE THIS JOB?

I've done some stuff in my music, artistically, talking about health issues, but beyond that I never had any real avenue to approach it. So when the opportunity came with Higi I thought, OK, here's an opportunity to achieve that kind of aspiration, to put that into play in a major way.

WHY IS HEALTH SO IMPORTANT TO YOU?

My father was very unhealthy. His lifestyle choices were very unhealthy. He had heart disease, so I've seen firsthand what that means and what that can do to somebody. Also, a large part of his treatment—he had diabetes for years as well—was being aware of his sugar levels, doing the blood tests every day. It was this whole idea of managing the sickness. So I was very aware of that, and I'd say most Americans aren't the same way. Wellness is all about managing and understanding things, like what your weight is, what your blood pressure is; and if you don't know, that little piece of ignorance can be the difference between life and death.

HOW DOES HIGI WORK? The app is based on three parameters: your wellness, your lifestyle, and your community. Each one of those things is weighted at 333 points. So the algorithm takes those three things and gives you a score based on what your vitals are, how many photos you're sharing on Twitter, how many miles you ran today, etc. So you can score

GET LUPE'S
ADVICE FOR
TURNING UP
THE HEAT THIS
SUMMER ON
PAGE 71.

"THAT LITTLE
PIECE OF
IGNORANCE
CAN BE THE
DIFFERENCE
BETWEEN LIFE
AND DEATH."

between 400 and 999. To score 400 you'd really have to be, like, a zombie, and for 999 you'd have to be Lupe Fiasco [laughs]. But to achieve and maintain a score above 900 is very difficult. It's challenging. If you can maintain it, that means you're aware of your vitals, you're active, you're doing things, you're being social. It's actually a really good sign. And Higi will give you hints: Take pictures of the food you eat and it'll tell you what the food is, the calories in it, and what you can do to work off those calories. It's a good way to help manage things.

WHAT HAVE YOU DONE SO FAR IN YOUR ROLE AS CREATIVE DIRECTOR?

I said, "Hey, you guys should have a 900 Club"—some type of club or incentive package to motivate people. So when we launched at SXSW, one of the key pieces was the 900 Club I'd created. The idea is, when you reach the 900s, you get into the 900 Club, and it opens up different discounts and special items and packages and events.

HOW HAS USING HIGI CHANGED THE WAY YOU VIEW YOUR OWN HEALTH?

Now I'm really concerned about my blood pressure, and I wasn't before. It's not bad, but when you go to a Higi station and you check your blood pressure, it might say, "At Risk." That morning, you didn't know; you were just going through life like everything was hunky-dory, and then you go get your blood pressure checked and you're like, whoa. You start to think of everything you did last week and the week before. Now you wanna change those habits and behaviors.

WHAT'S THE STATE OF HEALTH IN HIP-HOP RIGHT NOW?

Most of the artists I know are always on tour, and that can be a double-edged sword, because you're always active, but it also means you can find yourself in a little town where they don't know what a salad is. Basically, you're gonna eat some deep-fried cheese [laughs].

Clothing
and watch:
GUESS
Want it?
See page 166.



**Removes harmful contaminants
from your paint. Like a magnet.
A smushy, yellow magnet.**

From the detailer's garage to the bodyshop, car guys have been using clay for years. And now you can too with Mothers® California Gold® Clay Bar system. Designed to do what washing and polishing alone can't, it includes Showtime® Instant Detailer and our legendary clay bar, which removes harmful contaminants before they can compromise the integrity of your paint. Mothers® California Gold® Clay Bar system. It's been often imitated, but never replicated.

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TWO IS BETTER THAN ONE.
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STEP 1. SPRAY SHOWTIME®
ON FINISH.



STEP 2. GLIDE CLAY BAR
ACROSS SURFACE UNTIL
SMOOTH.



STEP 3. WIPE AWAY WITH
MICROFIBER TOWEL.



STEP 4. YELL "I AM A CAR CARE
GOD" AS LOUD AS YOU CAN.
(STEP 4 OPTIONAL)

NOTHING BUT A GOOD TIME

Enjoy every second of summer
with the ultimate watch for sea,
sun, and speed quarters

Between the sunshine, the cocktails, and the women, summer can feel like a never-ending party. Keep it going as long as possible (and still beat your boss to the office the next day) with the limited-edition Tag Heuer Aquaracer Automatic Chronograph. Take that mouthful as a sign this baby's not your average timepiece. Made of heavy steel and scratch-resistant sapphire crystal, the Navy SEALs-tested diving watch—a nod to Tag's partnership with defending America's Cup champion Oracle Team USA—is submersible to 500 meters and resistant to UV aging. Hit the rubber push buttons to record pool laps or runs with the Swiss-made automatic chronograph, set the unidirectional bezel for precision keg stands, then throw a dark sports coat over a crisp white shirt and see the stylish black face pop after dark. Work hard meets play hard. Tag, you're it.



Want it? See page 166.



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10 DIETS WE WON'T BE TRYING THIS SUMMER

Warning: Some of these may ruin your appetite By Ben Radding

DOWN THE TUBES The K-E Diet

Hip new diet or "enhanced interrogation" technique? The Ketogenic Enteral Nutrition Diet can apparently help you shed 10% of your weight in just 10 days. Oh, but there's no actual food, just a "nutrient-rich formula"—and you never actually eat it, either. Instead, the formula is "supplied 24 hours a day through a tiny feeding tube, which goes through your nose directly into your stomach." But don't worry: "There are no drugs and no surgery," the website assures us.

WINDOW OF OPPORTUNITY The Drive-Thru Diet

The old infomercial for Taco Bell's Fresco Menu, or Drive-Thru Diet, had a woman explaining how the new items on Taco Bell's menu helped her lose 54 pounds. Turns out those results were based on a 1,250-calorie diet. And while we won't speculate on what a Taco Bell-based diet might do to your intestines, we have a pretty good idea why Chihuahuas shake like that.

SOUR DEAL The Master Cleanse

Also known as the Lemon Detox Diet, or "You laugh at adult diapers now, but we'll see who's laughing later." The Master Cleanse is a highly involved, highly preposterous way to cleanse and lose weight. Just mix

up a lemonade and cayenne concoction whenever you feel hungry, which will be a lot, and take a laxative before you go to bed. Sorry, but that's a gamble we're just not willing to take.

EAT THE WORM! The Tapeworm Diet

It's almost too good. Ingest a tapeworm, eat as you please, and watch the weight go. And when you come down with symptoms including nausea,

weakness, abdominal pain, and intestinal blockage, you're already 90% sure of what's ailing you!

SLIM AHOY! The Cookie Diet

Versions of this diet generally have you consuming four to six amino-acid-dense cookies per day, adding up to about 500 calories. This effectively tricks your mind into thinking you're not dieting. But fun as

that sounds, we're all about willpower, so don't even call us until there's an Oreo variety on the market.

CHEWBACKOUT The Chewing Diet

Chew your food 30 to 80 times and then spit out whatever remains. Wait, what? Popular at the dawn of the 20th century, the diet is still in use today among camels and a couple of method actors prepping for roles as camels.

BOWL MOVEMENT The Cabbage Soup Diet

"The problem with most 'mainstream' diets," the website for the Cabbage Soup Diet says, is that "those recommended by major medical institutions work slowly..." Agreed—how healthy is a balanced diet, really? Instead, try eating cabbage soup for every meal for seven days straight. Can

you say "flatulence" and "lonely nights"?

BABY WEIGHT The Baby Food Diet

First promoted by celebrity trainer Tracy Anderson, the Baby Food Diet offers some choice: You can eat nothing but baby food, eat a mix of baby food and regular meals, or eat baby food as snacks in between your regular meals. Look younger in no time!

TRÈS MALNOURISHED The Air Diet

Perfect for guys who love cooking but hate the annoying eating part that inevitably follows, the Air Diet involves sitting in front of your food, putting some on a fork, staring at it... and then not eating it. Supposedly, the smell and sight of food tricks your brain into thinking you've eaten. Common side effects include gross malnutrition and a mild form of post-traumatic stress disorder—but you'll totally fit into your skinny jeans.

DROP THE BALL The Cotton Ball Diet

The Cotton Ball Diet (we're not kidding) requires you to ingest several cotton balls a day, and because they're fluffy, they, like, fill you up, right? Filling, yes. Digestible, not so much. If you've ever rushed a dog to an emergency room because he chewed through a pile of holiday ribbon, you've seen a glimpse of your near future.



WE ADVISE
AVOIDING
WEIGHT-LOSS
PLANS THAT
ARE PASSED
OUT THROUGH
A WINDOW.

Cookie: Bluestocking/istock

HE MIGHT LOOK CUTE,
BUT HE WILL WRESTLE YOUR
HUNGER TO THE GROUND.



Kellogg's® Mini-Wheats® cereal
is packed with a walloping
8 layers of whole grain fiber
to help keep you full
all morning long.



—A—
BIG
BREAKFAST
—IN A—
little
biscuit

FREEZE TIME

Six summer skin essentials

■ All the best memories are made in summer—at least, according to your friends' Facebook photo albums—so don't let oily skin, chapped lips, or a gnarly sunburn limit your own profile to gym selfies and that time you visited Madame Tussauds with your parents. (Oh, and by the way, your face isn't supposed to be shinier than the wax models'.) With a few key products, you can make your skin look younger, clearer, and more attractive—and keep it that way. Here's our selection of the season's six best skin-care products, to keep you from untagging your best summer ever.



1

CLINIQUE
M PROTECT BROAD
SPECTRUM SPF 21
DAILY HYDRATION +
PROTECTION

Save face with this hydrating sunscreen from Clinique. Not only will it protect one of your best assets from the sun's harmful rays, but it works great as a nongreasy daily moisturizer. Apply a few small drops before going out in the sun. \$25, clinique.com

**PUT YOUR
SEARCH
FOR THE
FOUNTAIN
OF YOUTH
ON ICE**

Want it? See page 166.

Styling by Matt Vonn/
Halley Resources

KEEP YOUR COOL

NEW AXE BLACK CHILL



BREAK OUT THE BEST SKIN PRODUCTS OF THE SUMMER TO LOOK YOUR BEST YEAR-ROUND

2

NIVEA
SENSITIVE GEL MOISTURIZER
It's OK to be sensitive sometimes, at least after shaving. Enriched with chamomile extract and aloe vera, this fast-absorbing gel provides a cooling sensation that immediately soothes skin, and its special formula improves your face's natural defenses over time. \$6, niveaformenusa.com

3

JACK BLACK
**PERFORMANCE REMEDY DRY
DOWN FRICTION-FREE POWDER**
Stay cool, dry, and comfortable with this ultrafine powder that quickly absorbs sweat, prevents chafing, and soothes skin no matter what you're doing. From the gym to the bar to the morning after, it's got your back—among other body parts. \$19, getjackblack.com

4

NEUTROGENA
**LIP MOISTURIZER
SPF 15**
What's worse than chapped lips? Sunburnt chapped lips. This summer essential with built-in, SPF 15 protection provides instant relief and is perfect for keeping your lips smooth and moisturized all summer long. \$3, neutrogena.com

5

LAB SERIES
**PRO LS ALL-IN-ONE
FACE TREATMENT**
Only have room for one more product in your week-end bag? This fast-absorbing, all-in-one formula is a skin-care Swiss Army knife. A few seconds are all you need to help repair damaged skin, remove shine, soothe irritation, and eliminate wrinkles. \$29, labseries.com

6

KIEHL'S
**FACIAL FUEL
HEAVY LIFTING**
You don't have to go under the knife to look younger. Designed specifically for men's thick skin, this firming moisturizer penetrates the surface with linseed extract, and turns back the clock by tightening and firming fine lines and wrinkles. \$40, kiehls.com

**BREAKING
OUT?**
We've got a
four-week plan
for better skin.
mensfitness.com/skincare101



Shaving Problems?

SHAVE LESS SHAVE BETTER

Eliminate Razor Burn and Bumps Forever
Cleanse, Tone, Nourish and Cool the Skin
Patented Formula is Unrivaled

Side Effects = **NO**
Acid = **NO**
Prescription = **NO**
Patented = **YES**
Professional = **YES**
Exclusive = **YES**
REAL RESULTS = **YES**

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DROP IT LIKE IT'S HOT

The sexiest new convertibles of the summer

By Tony Quiroga



On a sweltering summer day, a beautiful European sports car—much like a beautiful European beach—looks a hell of a lot better topless. Another simple truth: There are few things as rewarding as hitting an open road in a convertible (ideally on your way to said beach). To that end, this summer we directed our focus across the Atlantic to seek out the sexiest, most heart-pounding models the Old World has to offer. Then we checked out a few cars. We found the best of both worlds in England and Germany. Here are the two we could all agree on.

JAGUAR F-TYPE

Available this summer, the two-seat F-Type has all the makings of a secret-agent speedster: a lightweight build, achingly beautiful design, suspension built for cornering, and an engine as strong as a gin martini. Slamming the pedal on the supercharged 340-hp V6 would rip the lapels off your jacket had the aerodynamics not been designed so well, and even thrashing the V8 S around a mountain pass is no match for the unwavering smoothness of the driving experience. This untarned beauty will get you to your destination in style with enough time to wipe the grin off your face.



The F-Type is the epitome of cool comfort.

THE OPTIONS

F-TYPE \$69,895	F-TYPE S \$81,895	F-TYPE V8 S \$92,895
• 340-HP SUPER-CHARGED V6	• 380-HP SUPER-CHARGED V6	• 495-HP SUPER-CHARGED V8
• 0-60 IN 5.1 SECONDS	• 0-60 IN 4.8 SECONDS	• 0-60 IN 4.2 SECONDS
• TOP SPEED 161 MPH	• TOP SPEED 171 MPH	• TOP SPEED 186 MPH

PORSCHE BOXSTER

Porsche used to build only sports cars, and it almost drove the company out of business. Now awash in profits from the highly successful Cayenne SUV and Panamera sedan, the Germans have the cash to nurture their line of überspecial speed demons. The new Boxster is larger and more voluptuous than before, but Porsche has managed to hold any bloat in check, and at its core, it remains a sports car that connects to the driver through the steering, brakes, and engine. It's something that can be understood only

THE OPTIONS

BOXSTER
• 285-HP FLAT-6
• 0-60 IN 5.5 SECONDS
• TOP SPEED 164 MPH
BOXSTER S
• 315-HP FLAT-6
• 0-60 IN 4.8 SECONDS
• TOP SPEED 173 MPH

by someone who has watched the street disappear before their eyes from behind the wheel of a Porsche. And while you're passing every automobile that enters your vicinity, the flat-six engine will emit a distinctive note that reminds you that you're putting those other vehicles in their rightful place—behind you.

**GONE IN 16 SECONDS:
THE F-TYPE DROPS ITS ROOF IN
12 SECONDS AND BLASTS FROM
ZERO TO 60 IN A BLISTERING 4.2.**

▼ Jaguar F-Type V8 S





PUT SOMETHING SMART IN YOUR RIDE

MADE
IN THE
U.S.A.



FLEX YOUR ENGINE

EXPLORE THE FULL RANGE OF
BEL-RAY PERFORMANCE LUBRICANTS
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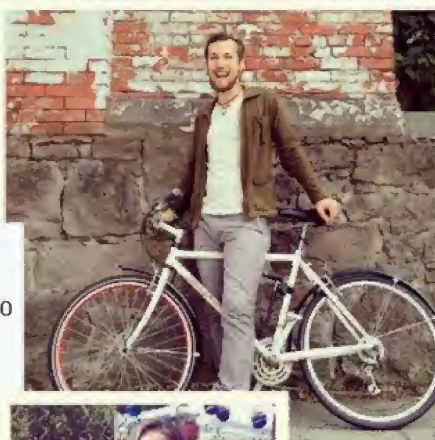


FITLANDIA

Portland, OR, is 2013's Fittest City for Men

When a guy from Portland tells you, "Get out of the car," he's not looking to boost your ride. He's looking to jack up your fitness cred.

We know, because *Men's Fitness* went country-wide in search of our Fittest City for Men. We compared frequency of physical activity; number of gyms per 100,000 people; participation in free-weight and core training; percentages of healthy-weight, overweight, and obese adults; bike and pedestrian access; and number of active commuters. And what did we find?



Portland Trails Nobody

In a country where more than a third of the population is obese and Congress considers ketchup a vegetable, Portland is a breath of fresh air—literally.

It has the highest percentage of men who commute to work by bicycle; 319 miles of scenic bike trails that help keep nearly half the population at a healthy weight (despite the 52 breweries within its bounds, more than any other city in the world); and, likely due in part to those two factors, near-perfect air quality. (The city routinely scores in the single digits—out of 300—on the Air Quality Index particle-pollution scale.) And in virtually every other fitness stat, Portland blazes out ahead.

So, with the data to prove it, we name Portland 2013's definitive Fittest City for Men.

And to the 49 runners-up and also-rans (at right) who dream of winning next year, we say, remember: To wrest victory from the jaws of defeat, you have to actually be able to see your feet.

FITTEST

1. Portland, OR
2. Seattle, WA
3. San Francisco, CA
4. Boston, MA
5. Minneapolis, MN
6. Atlanta, GA
7. Oakland, CA
8. Denver, CO
9. Washington, DC
10. San Diego, CA

11. Raleigh, NC
12. Albuquerque, NM
13. Tucson, AZ
14. Long Beach, CA
15. San Jose, CA
16. Chicago, IL
17. Los Angeles, CA
18. Sacramento, CA
19. Austin, TX
20. Mesa, AZ
21. New York, NY
22. Miami, FL
23. Dallas, TX
24. Las Vegas, NV
25. Fresno, CA

26. Cleveland, OH
27. Phoenix, AZ
28. Colorado Springs, CO
29. Charlotte, NC
30. Milwaukee, WI
31. Philadelphia, PA
32. Virginia Beach, VA
33. Omaha, NE
34. Columbus, OH
35. Baltimore, MD
36. San Antonio, TX
37. Fort Worth, TX
38. Nashville, TN
39. Houston, TX
40. Arlington, TX

FATTEST

41. Indianapolis, IN
42. Tulsa, OK
43. Kansas City, MO
44. Wichita, KS
45. Detroit, MI
46. Jacksonville, FL
47. Louisville, KY
48. Oklahoma City, OK
49. Memphis, TN
50. El Paso, TX



Instagram photos courtesy of (clockwise from top left): crossfitnash; heather1862; wherby; hesther1862; samantharidley; emi_loodi; sweekind; and honey_meez; mead

HOW *BAD* DO YOU WANT IT?

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With over two decades of research by Dr. Samuel Yue, **ANTI-AGING** pioneer, there is now an easy way to help stop your hair loss & help stimulate new hair growth.



BEFORE

6 MONTHS
USING SDY



BEFORE



4 MONTHS
USING SDY



3 WEEKS
USING SDY



12 WEEKS
USING SDY

"I cannot believe what I've been seeing with my hair!... Now there is NO place on my scalp that is TOTALLY BALD! There is hair filled in on every spot that had nothing..."

-Pat, after using SDY Hair Solutions

"My hair is thicker. Period. I really don't have to say anything else!... my hair is clearly thicker. I could not be happier about that!"

-Josh, after using SDY Hair Solutions

"Using this product has made my hair feel thicker and harder to see my scalp through the hair. I sense that losing my hair has stopped and I am maintaining and growing new hair. I love it!"

-Scott, after using SDY Hair Solutions

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Results may vary.



by **ADAM BORNSTEIN**
and **JOHN ROMANIELLO**

GUYS WHO SEEM TOUGH AS NAILS SIMPLY PROCESS INFORMATION DIFFERENTLY, SEEING POTENTIALLY FEARFUL SITUATIONS AS OPPORTUNITIES.



TOUGH IT OUT

The obstacles to your success are all in your mind

MEN OF GREATNESS SHARE A SOMEWHAT surprising attribute: failure. It doesn't matter if it's LeBron James, Steve Jobs, or Dwayne "the Rock" Johnson. Look across time and history and you'll see that an important part of success is learning how to fail—and how to rise to the top in spite of it. It's an unavoidable arc, and yet the average guy still seems to think that people who get to higher ground do so by way of some lucky break he didn't get. The fact is, successful people use failure as a precursor and motivator for achieving something bigger.

With that said, failure is not a goal. Just because you "need" failure doesn't mean you've been granted a license to seek or welcome it. Successful people hate to fail, they just don't fear it. They also understand how to lessen its impact—not dread its consequences—and use it to become better. In order to savor the taste of success and limit the bitterness of failure, you need an approach that allows you to power through any bullshit that stands in your way. We can help you navigate through failure and directly into achieving your goals.

Minimize Fear

Fear is literally a physiological reaction that puts the brakes on any behavior that might be risky. It doesn't matter if you're asking your boss for a raise, trying to start your own company, or approaching a beautiful woman—your brain's reaction is the same.

In our brains, we have things called the amygdalae, groups of nuclei that help process emotional reactions. The amygdalae activate in any anxiety-producing situation and trigger us to become afraid. While scientists have known for a while that the amygdalae are linked to fear, recent research has shown that their response can be paralyzing—literally. When testing the fear response of mice, activation of the amygdalae caused them to "freeze" and stop all activity, according to researchers at New York's Cold Spring Harbor Laboratory.

Even worse, fear is a learned behavior, which means that mild fear-inducing situations—such as asking for a raise—can potentially trigger memories of more intense moments of fear. When a problem or challenge arises, our brains try to prevent us from taking risks and, consequently, seizing opportunities to be successful.

It's a survival instinct. You're instilled with the mindset that you have something to lose by taking a chance. If you fail, you assume the worst will happen. Quit your job? You'll run out of money. The boss doesn't like your proposal? You'll be passed over. Try to talk to the hottest girl in the bar? She'll think you're just a loser.

We let fear hold us back because the perception of the worst possible outcome is viewed as more "valuable" than the perception of any possible gain. In other words, avoiding failure is weighed more heavily than tasting success.

Offsetting the fear response requires you to process information differently, so that potentially fearful situations are seen as opportunities instead of risks. According to research put out by Massachusetts General Hospital, by perceiving decisions as chances for success, the right side of your brain is activated in ways that mimic euphoria-inducing drugs, like cocaine. So instead of running away from opportunity, you're pushed toward it.

Says Seth Godin, author and founder of squidoo.com, "the worst thing that will happen is you'll fail and no one will notice." These days, nobody has the time to check up on you and make note of how short you fell

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Learn It!

SOMETIMES—TO PARAPHRASE SNOOP DOGG—YOU HAVE TO PAY THE COST TO BE THE BOSS. BUT THIS ISN'T ABOUT BUYING FRIENDS; IT'S ABOUT MAKING AN INVESTMENT.

of your own expectations. If you bomb, at worst, a small number of people directly involved will know it, and they'll forget. No one likes to dwell on failure—anyone's failure. (Unless you're a celebrity being stalked by paparazzi, in which case you're already a success.)

The question you have to answer is whether you can live with yourself knowing that you failed. And if you feel you can't, ask yourself this: Is it better to live with failure, having at least tried to succeed, or to live with not trying at all, and settling for less than what you want?

As Godin has pointed out, nowadays it's easier than ever to take a chance. You have access to technology that makes every process more automated and every goal more realistic. Even the money game has changed. Whereas traditional loans used to be the only way to raise seed capital for most new ventures, access to money has become more universal with online funding platforms like kickstarter.com, where people make pledges to support any project they like, from art shows and independent films to apps and inventions.

So where to begin? For every big chance you consider, tell yourself that the juice is worth the squeeze. Make a list of potential drawbacks for a certain action, and a list of the upsides should it be successful. We'll bet you the pros outnumber the cons.

Build the Right Network

In his bestselling book on networking, *Never Eat Alone*, Keith Ferrazzi suggests that your network is far more powerful than your résumé, and argues that most major advancements in your life are going to come as a result of knowing someone rather than something.

If you lose your job, you're most likely going to have more success reaching out to friends who work in the same field than blindly sending out your résumé. In dating, a fix-up usually has a better chance of working out than a random meeting at a bar (er, at least in terms of a long-term relationship).

More to the point, getting past challenges and obstacles in your life is much easier if you've got people to help you, promote you, or connect you to others who can do the same. Knowing this, how do you surround yourself with people who can be of service to you, and vice versa?

Depending on the industry you're in, networking with high-level people may

require a bit more effort and, occasionally, travel. In the fitness industry, where we made our names, networking involves going to a lot of conferences that feature some of the best training and nutrition experts in the industry. Going to these events allowed us to meet people and begin building relationships, as well as a knowledge of our business.

This isn't unique to fitness; most industries have seminars or other live events you can attend. Speaking generally, they're not cheap. But the more expensive they are, the more access you're likely to have to speakers. At any conference, the greatest value is not in what you learn but in whom you meet. For us, spending money to get access was extremely effective. We connected with several best-selling authors, including Tim Ferriss, Tucker Max, and Gary Vaynerchuk, and that alone opened the door for us to learn what it took to become authors ourselves.

The lesson for networking, therefore, is twofold:

1) Find who's doing what you want to do, then do what it takes to earn access to his or her circle. It might be expensive, but sometimes—to paraphrase Snoop Dogg—you have to pay the cost to be the boss. But this isn't about buying friends; it's about making an investment. You're investing in meeting people, learning from them, and hopefully finding others who either share your passion or fill the gaps in your plan.

2) Networking isn't a business transaction; it's a life transaction. By that, we mean that most people treat networking like LinkedIn, when in reality it should be handled like Facebook. People invest in people, but you don't need to impress others to show that you belong. Instead, display why they want to be around you. Are you a genuinely nice guy? A rabid baseball fan? Did you recently read a book that offered an anecdote or tidbit of advice that could be helpful to someone in this circle?

Your networking mentality should never focus on what potential friends can offer you; instead, it's about what you can offer them—whether it's having a skill, being a friend, or even becoming a lifting partner. Expect nothing in return. The more you give, the more you'll get. ■

Adam Bornstein and John Romaniello are the authors of Man 2.0: Engineering the Alpha, available now from HarperCollins. For more tips, go to mensfitness.com/learnit.

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BY JACK OTTER

DUMB MONEY

Remember all the guys who went broke in 2008? Here's why it could happen to you in 2013.

FINALLY, IT LOOKS SAFE TO GET BACK IN THE stock market. The bad old days of economic crisis are behind us. *The Christian Science Monitor* called this bull market a "humdinger." The Dow went from 14,000 to the never-before-seen level of 15,000 in just 66 days. Break out the Champagne! Or not. Mohamed El-Erian, CEO of PIMCO, told *The Wall Street Journal*: "In virtually every market segment, we are trading at very artificial levels." Why? Individual investors (folks like you) are buying stocks again. From 2009 to 2012, investors pulled \$380 billion out of equity mutual funds. This year, they dumped \$66 billion into stock funds. Now there's talk of a new bull market—four years after it started.

This is why Wall Street calls mutual fund investors the "dumb money." As a University of Chicago finance professor, Andrea Frazzini pretty much wrote the book on dumb money. Along with Yale's Owen Lamont, Frazzini found that investors chase whatever funds have been doing well recently, often getting in just before the returns go downhill. In fact, most mutual fund investors' timing is so bad, the researchers found, that "to achieve high returns, it's best to do the opposite of these investors."

Just because Main Street finally noticed that stocks are a good investment, that doesn't mean the next bear market is around the corner—so don't sell everything. Don't buy it all, either. Rather, you need to be so broadly diversified that some of your holdings will stay strong even if others take a hit.

The classic low-cost portfolio is a 60/40 mix of stocks and bonds. From 1926-2012, it returned 8.7 percent, according to Vanguard. Rather than blow up that approach and start from scratch, consider investing 55% in the stock funds described below, 35% in bond funds, and 10% in alternative assets. If the dumb money is indeed signaling the end of this bull run, you'll own assets that zig when other investments zag.

Stocks I like Vanguard Total Stock Market Index Fund (VTSAX) and Total International Stock Index Fund (VTIAX).

Own just these two funds and you have exposure to virtually every single stock market in the world. The fees are about one-tenth of one percentage point, far less than the average mutual fund. "When it comes to mutual funds, expense ratios are much more important than past returns," Frazzini says.

Also, get in on the FPA Crescent Fund (FPACX). Few fund managers earn their fees, but Steve Romick is an exception. This fund has risen about 145% since 2000, crushing not only stocks but also most other "balanced" funds that hold a mix of stocks and bonds. Right now Romick is con-

cerned that stocks are expensive, and he has more than a third of the fund in cash.

Bonds Make the core of your bond holdings part of Vanguard Total Bond Market Index Fund (VBMFX), a dirt-cheap index fund that owns the whole U.S. bond market. In 2008, when nearly every investment got clobbered, Treasury bonds were up.

Look into Harbor Bond Fund (HABDX) as well. It's managed by Bill Gross, known as the "bond king" because of his fantastic record running the largest mutual fund in the world, PIMCO Total Return. You'll get the same expertise for less with Harbor Bond.

Alternative Investments

Harbor Commodity Real Return Strategy (HACMX) exposes you to "hard assets," from gold and corn to cattle and coffee. Over the long term it should help buffer

you from inflation, and will also move differently from stocks and bonds. Just be prepared: If China, which is responsible for consuming half the planet's supply of some commodities, hits a wall, prices will fall.

Then, of course, there's the Vanguard REIT (real estate investment trust) Index Fund (VGSIX). If you own your house or other property, skip this one—you have enough exposure to real estate prices. But if you rent, it's a good way to keep up if real estate prices go on another bender; and REITs' kickoff income is about 3% a year.

Last, consider the Kayne Anderson MLP Investment Company (KYN). Master limited partnerships, or MLPs,

were once a little-known corner of the investment world. But they've become popular in recent years, so after dramatically outpacing the stock market over the past decade, returns may moderate. By law, they're required to pass most of their income to shareholders, so they kick off a decent yield, currently 6%. ■

Jack Otter is the author of *Worth It...Not Worth It?* Simple & Profitable Answers to Life's Tough Financial Questions.



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7 ULTIMATE GUY GETAWAYS

You could rent the same old beach house for a week, or you could put that money into something that will change your life forever

FOR A LOT OF US, SUMMER is about tradition: going year after year to the same beach town, the same pool club, the same cabin in the mountains. Nothing wrong with knowing exactly where the poison ivy grows, which tree throws off the best sticks for making s'mores, and which local deli has the widest selection of beers. Sometimes, the less thinking you have to do in summer, the better.

But if you have a little more dough and not too many commitments over the next couple of months, let me recommend some getaways that are unlike any others on Earth. As the travel editor for CBS News, I fly more than 400,000 miles a year. These are the places where I enjoy landing most.

1. Moab, for Mountain Biking

This area of red rock canyons was tailor-made for mountain biking. The large canyons, arches, and rock formations make for incredible views. Moab, UT's trails consist of enormous slabs of visually striking red "slick-rock" made of sandstone, which provide enough traction to climb and descend very steep grades. And then there's the challenging Slickrock Bike Trail in the Sands Flat Recreation Area, which twists for 12 miles

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through sandstone cliffs and affords beautiful views of the Colorado River. The unusual sandstone terrain plus the twists and drops along the way make for a great summer experience. Not up for the challenge? Moab has options for all levels of riders, like the eight-mile smooth dirt trail of Bar M, which is the perfect family-friendly warmup. Summer's dry heat means the best time to hit any mountain biking trail is early morning or evening. And some good news: When I first rode this trail, the definition of fine dining in Moab was "deep fried"—thankfully, times have changed, so you can now bike hard and eat healthy, too.

2. New Zealand, for Hiking

Take some quality time for this trip. Located in the Southern Alps of New Zealand's South Island, the Routeburn Track is a multi-day hiking track that traverses this pristine rainforest landscape. Roughly a three-day trek (or four, if you take a more leisurely pace), it covers two massive national parks: Fiordland,



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Burn It!

with its glacial valleys, and Mount Aspiring, with its snowy peaks and mountain passes. Unlike other popular trails, lodging is available along the track in simple but comfortable huts (which have gas stoves for cooking), so you can travel light—carrying tents and other equipment won't be necessary. Routeburn doesn't really lend itself to day hikes since it's not easy to get to and doesn't loop, but for the moderately to extremely fit, it cries out to be hiked in its entirety.

3. Argentina, for the Waterfalls

Located on the border of Argentina and Brazil, the Iguazú Falls, a network of about 275 waterfalls, is distributed between Argentina's Iguazú National Park and Iguazú National Park in Brazil. Both sides afford incredible views from catwalks (in Brazil, you can take a helicopter tour), but my advice is to get yourself to San Martín Island on the Argentine side. The falls are actually split by the island, which is only accessible by taking a ferry and climbing a long staircase. From there, you can access a viewing point (locally known as "the window"), where you'll get a panoramic view of the Devil's Throat chasm and the falls. Make this at least a two-day trip from Buenos Aires. Fly up in the morning (about a 110-minute flight to Iguazú), then stay overnight. Hit the ground running shortly after 4:30 the next morning and have the falls all to yourself at dawn.

4. Mexico, for Paragliding

There's paragliding, and then there's paragliding in Mexico. Just outside of Mexico City is a small, colonial oasis known as Valle de Bravo. It's surrounded by mountains and situated in the middle of a forest next to Lake Avándaro. The views over this area are stunning, as are the air currents—a perfect combination of thermals that often extend until 8 p.m. each night. Translation: The experience is nothing short of intoxicating, and you can stay aloft as long as you'd like.

5. South Africa, for Stargazing

A stargazing safari? This is romantic travel at its best. Ride out to Southern Africa's Kruger National Park, where you'll find no light pollution and probably one of the best places for do-it-yourself observations—all you need are a pair of binoculars and a hammock. Or if you prefer a more hands-on approach, head to the South African Large Telescope (SALT) in the town of Sutherland (about four hours

from Cape Town). Part of the South African Astronomical Observatory, this optical telescope is the largest in the Southern Hemisphere. You can see the research equipment by day, but nighttime stargazing tours actually involve other telescopes that let you view the constellations.

6. Idaho, for Whitewater Rafting

Talk about great alpine beauty combined with often-terrifying foaming whitewater rapids. This is where the Salmon River has carved the deepest canyon in North America. Known as the River of No Return (how's that for a welcoming invitation?), the Salmon flows west through Idaho before emptying into the Snake River on the Oregon border, and is one of my favorite rafting spots in the country. Large, sandy beaches and natural hot springs make for more than just a rafting vacation. There are also ample hiking trails among the ponderosa pines, including a tough

THE SALMON IS KNOWN AS "THE RIVER OF NO RETURN." HOW'S THAT FOR A WELCOMING INVITATION?

hike up to Rabbit Point. The rapids tend to be manageable Class II and IIIs, like Gunbarrel Rapid and Kilum Rapid. Come June, you'll face high waters and the occasional Class IV, while August tends to bring rockier waters. Corridor trails follow the river until Black Canyon, so you can easily get out and start hiking.

7. Costa Rica, for Windsurfing

Costa Rica's Arenal Volcano National Park features two volcanoes: Arenal Volcano and the long-extinct Chato Volcano, a collapsed crater that now contains a lagoon. Arenal Volcano has been quiet since October 2010 and hasn't been prone to showy displays of lava and ash, so the park is an excellent place to explore: Hiking trails crisscross the lush terrain where you can walk through lava fields from previous eruptions, while rainforest hikes allow you to see the exotic native flora and fauna up close. Want a serious challenge? Lake Arenal in Costa Rica sits between two mountain ranges, so it acts like a wind tunnel, creating waves up to five feet high. ■

"Travel Detective" Peter Greenberg is an Emmy Award-winning television journalist, a best-selling author, and one of the world's top destination gurus.

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"I love ice cream in the summer-time—it has to be strawberry."



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WEAR TRUNKS

"I'm a beach girl, so I think surfer jams look cool on guys."



GO RETRO

"There's something about the vintage look of aviators that I really like."

TAKE ME TO ITALY

"The beach at Positano on the Amalfi Coast is my favorite to visit in the world."



MAKE ME DINNER

"I'm a foodie, so my idea of a perfect romantic date involves a great meal. Brownie points if the guy can cook it for me, but I like cooking a meal together, too."



TREAT ME TO A MOVIE

"I really liked *Fast & Furious 6*. I just started working with Porsche, and I'm currently into very fast, sleek cars."

“

The summer is a very busy time of year for me because I'm on tour playing a lot of tennis, but when I'm not playing, I try to fit in to the city that I'm visiting," says four-time grand-slam tennis champ, Maria Sharapova, 26. "I check out good restaurants, fun shopping, and just try to discover new things."

Opposite page, clockwise from top left: Douglas Johns/Getty Images; Courtesy of Nike; I love Images/Getty Images; Michele Falzone/Getty Images; Courtesy Porscha; Mark Gillow/Getty Images; Uros Zunic/Getty Images; This page: Corbis Outline

“

No matter where you're at—in the 'hood, in the Hamptons, wherever—there's this energy," says Grammy Award-winning rapper and Chicago native Lupe Fiasco. "It's an energy that fills the whole day, where people are just happy to be alive, happy to be witnessing the sunshine and the good weather."



Clothing:
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Opposite Page: Clockwise from Top Right: Courtesy Columbia; Rapper: Kristy/Getty Images; Chair: Benoit; Sandra/Getty Images; Courtney V-3; Courtesy Britney Spears; Man: Hachyderme

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SCORE THE SOUNDS

CATCH THIS SHOW

"Lollapalooza is definitely one of the better music festivals. It's in Chicago, my hometown, and I've performed at it a couple of times."



LET THE GOOD TIMES ROLL. CHICAGO MC **LUPE FIASCO** PICKS HIS FAVORITE TUNES, KICKS, AND SHADES TO HELP YOU TURN IT UP THIS SUMMER.

CHECK YOUR HEAD

"There are these \$30 headphones at the airport from M-Audio that I constantly lose, so I buy five sets of those and I'm comfortable with losing them. And they sound just as good as more expensive pairs."



LOOK RIGHT

"I like a sunglass company called Dita, out of L.A., but I've also got glasses from a company called Benjamin. I have to wear glasses, so I got the same kind that Johnny Depp wears."



BUILD A DECK

"I just put together a new board. I got an eight-inch blank deck, Independent trucks, and Spitfire wheels. I also like Rodney Mullen boards. And my favorite trick is just a finger flip—it's super easy, and you feel cool. Wilson Skate Park in Chicago is where I got back into skating in 2004—that's where I used to go."



CUT 'EM LOW

"I'll wear some cut-off Army pants, a nice long tank top, and low-top Y-3s. They always hook me up with gear, and it's easy, comfortable stuff."



LUPE FIASCO'S SUMMER PLAYLIST

"Summertime" by Will Smith and DJ Jazzy Jeff

"Don't Disturb This Groove" by the System

"Enter Sandman" by Metallica

"Survival" by Bob Marley

"Redemption Song" by Bob Marley





HANDLE THE CURVES

SEXY SPEED DEMON **DANICA PATRICK** BURNS RUBBER SO HOT HER TIRES NEED SUNSCREEN

"I spend my professional life strapped into a car, so when I get into summer getaway mode, I like to roll down the windows—even though it makes my hair whip around," Patrick says. "It's hard for me to drive the speed limit."



GO FOR A RIDE

"I have three cars. Chevy gave me the Equinox, which I drive the most. I have a Mercedes ML63 AMG and a Lamborghini Gallardo that I never drive. The Mercedes is a performance machine, but the Lambo doesn't have cup holders."



TAKE THE SCENIC ROUTE

"Driving along the water is so awesome. Whether you're cruising around the tip of South Africa near Cape Town, on Highway 1 in California, or just along Lake Shore in Chicago, it's really relaxing."

DANICA



• FIGHT THE GLARE

"My favorite driving glasses are these William Rast shades I wear while I'm racing."

GET SOME NIGHT ACTION

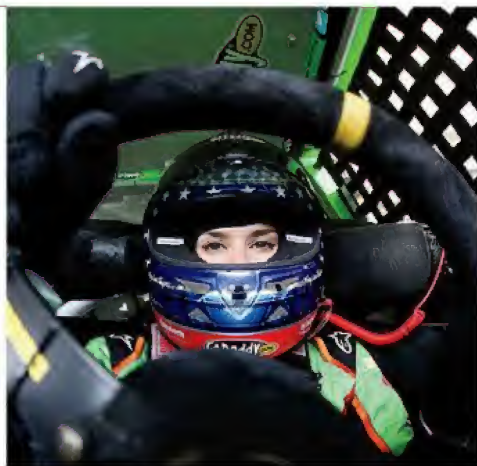
"The Coke Zero 400 at Daytona is a night race and always draws so many fans. Along with the Bristol Night Race, it's one of the biggest summertime events."



STAY RICH IN OIL

Races are won and lost on fuel economy. A few things you need to keep in mind:

- Check that your tire pressure is set to manufacturer specifications.
- Take it easy on the gas pedal. After all, it has that nickname for a reason.
- A warm engine gets better fuel economy than a cold one, so combine all your small errands into one.
- Don't be fooled. The aftermarket is full of devices claiming to boost fuel economy—if they worked, carmakers would use them as standard equipment to meet increasingly difficult fuel-economy requirements.



SPARK THE GRILL

"During the summer I like to splurge on good beef and throw some steaks on the grill."



GAUGE THE ROAD

Danica's favorite car apps:

- Escort Live: Tap into a database of speed-trap and red-light-camera info. Drive near a trap and you'll get a warning.
- GasBuddy: Find the least expensive gas in your area.
- VBox Sport Performance Test: Use your phone's accelerometer to test your car's acceleration.

PLUG IN

"I've driven so many different kinds of cars, but I'm a little curious about the battery-powered ones, like the Chevy Volt. I just haven't driven any of those, and it's the wave of the future."



CHOW DOWN RIGHT

SPIKE MENDELSON—ONE OF AMERICA'S TOP CHEFS—EXPLAINS
HOW TO EAT COOL DURING THE YEAR'S HOTTEST MONTHS

MELON OUT

"I learned a trick in Vietnam, where they serve pineapple sticks. I started making my own version, watermelon sticks—it's a really refreshing snack. I get the watermelon cold in the fridge, then cut it into sticks, put them on skewers, then add the chili salt and lime."



LEARN THIS TRICK

"Nothing beats cooking sweet potatoes directly on charcoal in foil bags with lemon, butter, rosemary, olive oil, salt, and pepper. I lift the grate and put the potatoes right on top of the hot charcoal, then eat them in the foil with all the juices in it."



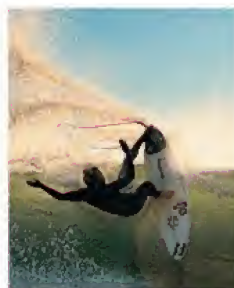
INFUSE BOOZE

"I don't care if it's pink or regular lemonade, I spike mine with rum. I like Mike's Hard Lemonade—they have all these delicious infused products. I also love a watermelon infused with Jack Daniels. You want something that'll refresh you a bit."



BRAVE THE WAVE

"I like catching waves. I went to the Jamaica Surf Club in Jamaica, run by a pro surfer and his sons who take you to spots you couldn't find on your own. My favorite surfboard is a mid-size Fowler called the V Machine. It maneuvers like a short board, but catches waves like a long board."



DISH THIS OUT

CREAM SODA RIBS

"I braise my cream soda ribs until they're super-tender and finish them on the grill with chipotle barbecue sauce."



CREAM SODA BRAISED RIBS GLAZED WITH A CHIPOTLE BBQ SAUCE

RIBS

2 racks St. Louis ribs
(about 4 pounds)

RUB FOR RIBS

2 tbsp smoked paprika
2 cups brown sugar
1 tsp cinnamon
2 tbsp ginger powder
1 tsp allspice

BBQ SAUCE

1 8-oz can chipotle
2 cups bbq sauce
1 tbsp molasses
2 tbsp spiced rum
1 tsp vanilla extract
½ cup orange juice
Blend together until smooth.

PREPARATION

- Apply dry rub and season with salt and pepper.
- Place in a metal pan.
- Add enough cream soda to cover.
- Add 4 shots spiced rum.
- Cover with foil.
- Preheat oven to 375° and place pan in the oven until ribs are tender and rib bone is showing.
- Finish on grill and baste with bbq sauce.

COME OUT OF YOUR SHELL

"I love softshell crab sandwiches, and they're only available during summer, so they're always fresh. I definitely lean more toward seafood for summer sandwiches—grilled chicken is boring at this point."



“

I can't wait till summer comes because I love to go surfing. People are ready for whatever: swimming, canoeing, fishing, white-water rafting—everybody hibernates during the winter, then when summer comes around, it's just great.”





BE A KILLER ON THE COURT

"My favorite court in Oakland is the Tassafaronga Gym in east Oakland, but I haven't played on an outdoor court since I've been in the NBA. I do plan on having a court in front of my house, though."



KICK UP SOME SAND

"I do a lot of drills on the beach. The sand is harder to pull your feet out of and to move quickly in, so I do a lot of my agility stuff and explosive moves. Then when I get on the floor, my feet move quicker and I'm more explosive."

500

"That's how many shots I take in a practice session during the off-season. That number is more like 200 during the season."

HOOP IT UP

"I do a shooting drill called the Celtic 50. You shoot 10 threes from five different spots, and count how many shots it takes to make 10 from each. Say I make 10 of 10 at one spot and then at the next spot it takes me 11 shots to make 10—then my score is 21. Through all five spots, I'm usually under 58 shots."

PRACTICE DURING PICKUP

"I'll challenge myself to play a game within a game when I'm playing pickup ball. I might want to help my team by making plays and not shooting the ball, or by going right every time."

RULE THE COURT

NBA ROOKIE OF THE YEAR **DAMIAN LILLARD** HELPS YOU STAY ACTIVE AND MOTIVATED THIS SUMMER. DON'T DROP THE BALL.

"Don't let anything get in the way of your priorities," says Damian Lillard, who prioritized his way to the Kia NBA Rookie of the Year honor. "Keep your mind fresh. You don't have a lot of mind space, and when you let stuff get in the way—what you're doing on the weekend, girls you're talking to, all that stuff—it's not good for you. Staying focused, having your priorities straight is important."

LILLARD'S UPPER-BODY WORKOUT

From Trail Blazers assistant strength and conditioning coach Todd Forcier

1-ARM PUSH PRESS
2 x 8 (each arm)

BAND REAR FLYE
2 x 8

FM DIAGONAL PRESS
2 x 8

BOX PUSHUP
2 x 8

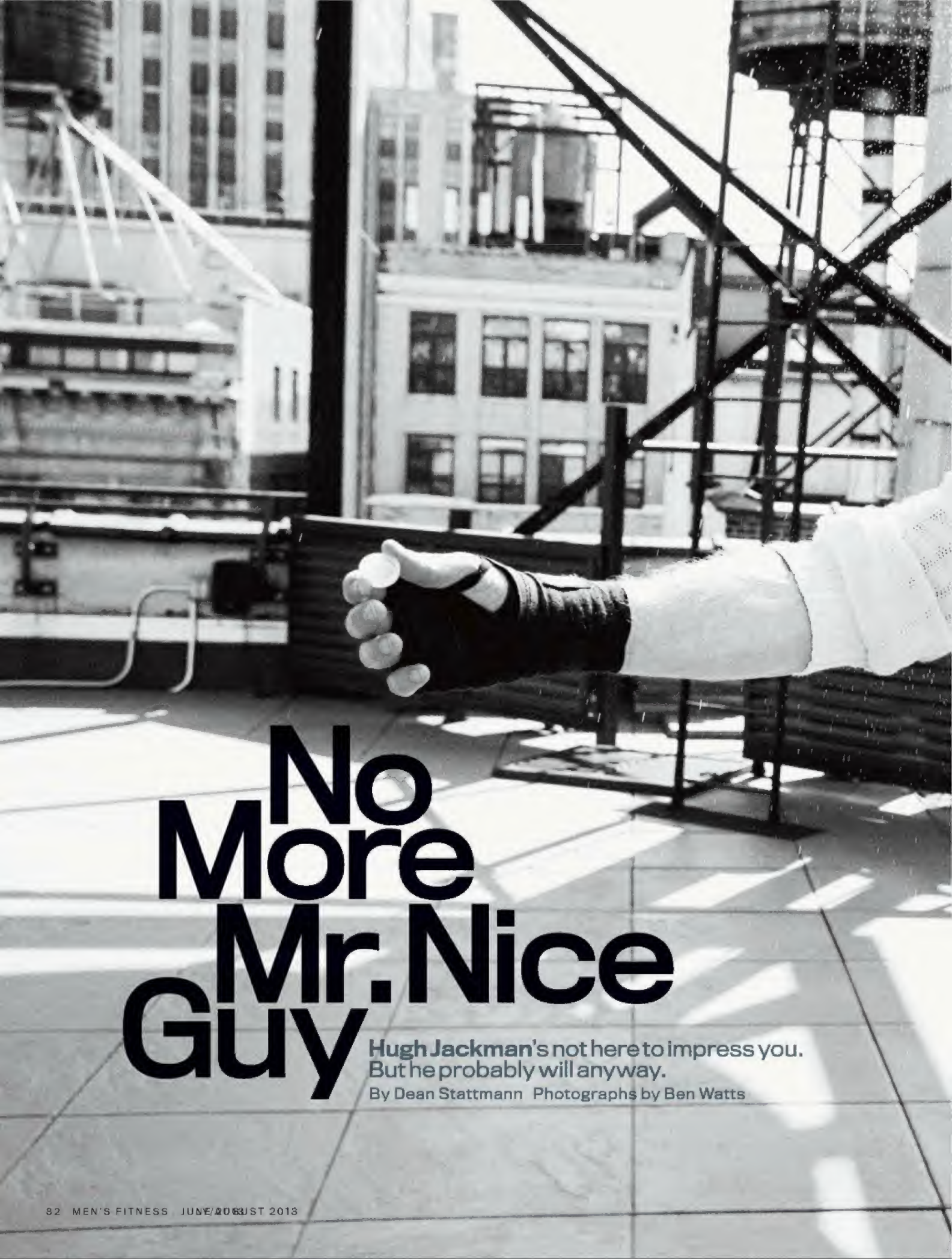
This Page, clockwise from top left: iStockphoto; Pajam/Getty Images; Sam Forcier/Getty Images; Opposite Page: Jennifer Portis/Forbes/Getty Images; Courtesy of Trump Hotel



STAY HOT

"Trump International Hotel & Tower in Chicago is like a mini condo. The rooms are big and have a cool view of the city, a big bed, glass doors, a big TV, couches—everything."





No More Mr. Nice Guy

Hugh Jackman's not here to impress you.
But he probably will anyway.

By Dean Stattmann Photographs by Ben Watts



Clothing:
TOMMY
HILFINGER
Want it?
See page 166.

“Killed.”

Hugh Jackman remembers it vividly. “We got killed in the reviews. Scathing! Like, ‘This is the worst show...ever.’”

There are few experiences more soul-sapping for an actor than having your Broadway debut collectively announced dead on arrival by the mainstream media. That is, apparently, unless your name is Hugh Jackman—because as the actor sits before me recounting the critical response to the 2003 stage production of *The Boy from Oz* (or, as *The New York Times* dubbed it, “an indisputably bogus show”) and his performance therein (which, according to *New York* magazine, lacked “spark, vivacity, or joy”), an infectious smile is spreading across the Australian’s face like a California wildfire. One thing’s for sure: He’s not lacking any joy right now.

We’re sitting across from each other at a long dining room table in the middle of a spacious Manhattan apartment. We’ve just come back downstairs from the rooftop, where Jackman has spent the past two hours bobbing and weaving beneath a cloudless blue sky for his *Men’s Fitness* photo shoot. Jackman, with the day’s work behind him, is ripping into a platter of grilled chicken and avocado slices that his publicist has just set down in front of him. He offers me some, but I politely decline, knowing better. The day prior, the same publicist sent our photo director an e-mail asking, “Regarding Hugh’s food for tomorrow, can you please order DOUBLE of everything?” This, shortly after another e-mail informing our stylist that “We NEED size 36 pants with stretch tomorrow” as “Hugh’s thighs have gotten much bigger in the last weeks of training.” With filming for *X-Men: Days of Future Past* just a week away, Jackman is determined to maintain the muscle he packed on for this year’s *The Wolverine*, and I’m not about to see what happens if I get

between a wolverine and his food.

This year Jackman started following an intermittent-fasting plan, *The 8-Hour Diet*, a recent best-seller by author (and *Men’s Fitness* consulting editorial director) David Zinczenko. “I feel so much better on it,” he says. The diet, which allows for an eight-hour window in which to eat followed by a 16-hour, fat-burning fast, is especially useful for the actor, who’s constantly having to bulk and cut for roles. “I haven’t put on nearly the amount of fat I normally would,” he says. “And the great thing about this diet is, I sleep so much better.” While Jackman says he’s considering sticking to the diet forever, that doesn’t mean he’s fallen short in the past. To build his body for *The Wolverine*, he followed a brutal, nonsense nutrition plan prescribed to him personally by none other than Dwayne “the Rock” Johnson. “He told me that if in a six-month period you want to put on 25 pounds of lean muscle and not fat, eat natural and eat 6,000 calories a day,” Jackman says. “There were times when I would literally eat with the mind set of working out. ‘One more mouthful, one more, come on, come on, you’ve got to finish this meal.’” It’s a sacrifice for sure, but he’s used to that; for him, it’s just “part of the gig.”

“It always happens in degrees in life, doesn’t it?” Jackman says, chewing on a piece of chicken. “I’ve had experiences where I’ve done something against

Grooming by Asia Geisler for Bumble & bumble NY / Calistone Agency



T-shirt:
POLO RALPH
LAUREN



Clothing: DKNY

my instinct but people had convinced me it was the right career move, and when those things didn't work and I saw them, I found it almost impossible to live with. Like, I felt ashamed, you know, that my instinct was saying no, but I'd said yes because, strategically, it was 'the right move.'"

He's referring to past publicists and agents who tried too hard to control the actor's image. "I can look back at a couple of photo shoots and say, 'Oh, my God, it's so not me,' where the stylists had brought clothes they wanted me to wear, and I said all right, which is a bit pathetic; but I was way more worried about hurting their feelings." But after 18 years in the movie business, Jackman, 44, says he now realizes that being honest and direct is the best way to keep things moving. Today he's surrounded by a team that seems to understand that their client's actual personality is far more likeable than any media-friendly façade they could ever plaster over it. (Ironically, Jackman is routinely referred to as the Nicest Guy in Hollywood.) "I try to be myself as much as I can when I'm not acting, for better or worse, but I've had publicists who've told me it's a bad idea: 'You move your hands too much, you did this too many times, you should do this, you shouldn't talk about that,'" he says, ticking off the myriad instructions he—Hugh friggin' Jackman—has been given over the years to improve his outward appearance.

It was that kind of early guidance that led him to turn down the lead role of Peter Allen in the original run of *The Boy from Oz*, which opened in Sydney back in 1998. When the curtain lifted, Jackman was in the audience. "I realized it was one of the best parts I had ever seen, and I felt sick to my stomach," he recalls. "All the strategizing, and I missed it."

A second chance presented itself in 2003, when it was announced that the show would be coming to Broadway. Jackman had already clawed his way into Hollywood as the *X-Men* character Wolverine, and *X2*, the second film in the franchise, had just begun its steady box-office climb to almost \$215 million. "Many people were like, 'This is a really bad idea, this is 18 months of your life; by the time it's over, you could be back auditioning with everybody else,'" he tells me. "They were like, 'Really, Hugh? This is not your image, this is not good.'" Peter Allen, if you aren't familiar, was more or less an Australian version of what you'd get if you put Elton John and Freddy Mercury in a Jimmy Buffett Margaritaville blender—a flamboyantly gay, colorful-shirt-wearing entertainer, and the antithesis of the role upon which the entire weight of Jackman's fast-growing career—and thighs—were now hinging. Regardless, Jackman pounced.

"Now that's the way to have a failure!" Jackman announces enthusiastically with a mouthful of almonds. (A bowl had been brought over a moment before to supplement the fast-disappearing chicken.) "I believed in it so much, and no matter what anybody said—no matter what the supposed cost or what the supposed fallout would be—it didn't matter, and I didn't regret it."

And if he didn't regret it then, he certainly doesn't regret it today. After a few tweaks to the show following a slew of early negative reviews, *The Boy from Oz* went on to become one of Broadway's hottest tickets, and Jackman was front and center. Over its one-year run, the production raked in \$42 million, and by the time award season rolled around, *The Boy from Oz* had been nominated for five Tonys, including best musical. Despite all odds, Jackman picked up the award for best leading actor in a musical.

HUGH JACKMAN HAD ARRIVED. And he'd proven he could do more than just blockbuster action movies. "Scoop for Woody Allen. *Real Steel* for Spielberg. They asked me to host the Oscars, and Darren Aronofsky, who saw the show, asked me to do *The Fountain*. I got all these films off of that, which you wouldn't expect to happen, but it's just the by-product of doing something you love," he says, omitting his most recent nod, a leading-man Oscar nomination for 2012's *Les Misérables*. "But that wasn't the turning point," he insists. "The turning point was, when it got smashed and I was onstage the next night, I still was like, this was the right thing to do—it might close next week, but I feel like I'm on the right path. From that moment on, I've thought, 'I'm not going to sacrifice that feeling of knowing you've done it for the right reason, whether it succeeds or fails.'"

It's that jarring realness that's made Jackman into something of an industry legend—the true north of Hollywood's moral compass. Liev Schreiber of Showtime's *Ray Donovan*, who met Jackman on the set of the 2001 romantic comedy *Kate & Leopold* (Jackman played a man transported from 1870 to modern-day New York), says he sensed something different about Jackman right away. "Something about [the role] fit Hugh very well," Schreiber tells me. "He had values—he *has* values—as a man and as a person that seem dated sometimes in a world that doesn't value those things as much anymore."

The two have since become close friends, with Jackman personally enlisting Schreiber for the role of Sabretooth in 2009's *X-Men Origins: Wolverine*. Through it all, Schreiber says, Jackman hasn't changed one bit. "I think he really, authentically believes in the notion that we should be good to each other, that we should be kind to each other. I think that's something that drives his actions, his work, his day-to-day interactions with people. It's something I really admire; and every time I feel myself coming off the rails or going out of line, I think about how Hugh would handle the situation."

"Every single person who knew of him or had worked with him in some capacity said, 'This is one of the nicest guys you'll ever get a chance to work with.' And he is that guy," says Will Yun Lee, who plays the Silver Samurai in *The Wolverine*. "I swear, that's one of the rarities in this business—to meet

"I spend my life trying to be other people, so I don't have time to put filters on."

someone like that who actually engages with you when he talks to you."

"He's just always prepared, and always kind to everybody," adds Famke Janssen, who's worked with Jackman on four *X-Men* films in her role as Jean Gray (the third person in this story—if you're keeping count—who, ironically, has tried to kill Jackman onscreen). "It's a little gesture, but it goes such a long way. It's a really good thing to remember, I think, for all of us who work in this business, that it doesn't take much, but it means an incredible amount."

Of course, eye contact and small talk are nothing without the muttonchops to back it up. And if any part of you is thinking that the actor has made it this far on natural charm and ability, this is a good time to introduce you to Ana.

"I worked in a gym for three years," Jackman tells me. "I weighed 170 pounds, I was 6'2", and I was just skin and bones. The guys in the locker room used to go, 'Hey Skinny! Hey Ana!'—they used to call me Ana, for anorexic—and I'd go, 'You tell me a practical application of a 350-pound press and I'll do it!'" (Said the man who'd later leg-press 1,000 pounds.)

As Jackman tells me this, I reflexively burst out laughing, which leaves me all the less prepared for where he goes next. "I got in a fight once," he begins. "I was 23, and I got a new pair of Rollerblades. We were in a beach town in Australia, and a bunch of locals started calling me 'wanker.' Not asshole—wanker! Wanker is way worse than asshole. So I'm on my Rollerblades—and *learning*, by the way—and these guys pull up, like, 'Come here, you wanker!' I'm still the skinny guy. One guy came over to me and I went to punch him, but I fell, and my arms, like [Jackman makes a lurching, hugging gesture], and I literally grabbed him, and he's yelling, 'Get off me, wanker!'" The image of a lanky Hugh Jackman awkwardly flailing about on Rollerblades and losing his balance only to end up hugging the man who's trying to beat him up is too much to handle. Nobody can say this guy skated through life on good genetics.

Meanwhile, this story only makes Jackman's current physique all the more impressive, especially when you consider that in past interviews, he's openly said he doesn't enjoy working out—to him, it's just part of the job. "It's really remarkable," Schreiber says. "I think it's just that he's prioritized his life. He's very disciplined about it."

THERE'S NO BETTER illustration of Jackman's mettle than the five-month period last year when he went from preparing for his role in *Les Misérables* to arriving on the set of *The Wolverine*. For his first

Les Mis scene, as the malnourished prisoner Jean Valjean, Jackman had lost almost 20 pounds in six weeks by avoiding carbs and working out every day with trainer David Kingsbury. "We were told to have him lean, but also to maintain as much muscle as possible, which is hard to achieve," Kingsbury says.

"For someone who's trying to maintain muscle, it's important, even though you're trying to lose body fat, that you continue to lift heavy weights. If the body knows it's got to be lifting heavy weights on a regular basis, it'll maintain more muscle mass. Whereas, if you go at it with just cardio, it'll lose everything—muscle *and* fat."

In Jackman's next *Les Mis* scene, his character, now a wealthy factory owner, doesn't appear to have missed a meal in his life. You'd never guess it was shot just 10 days later, let alone just three months before *The Wolverine*. "[*Les Mis* director Tom Hooper] just wanted weight gain, but the way we saw it was to have the weight gain all be positive—mostly muscle as opposed to just fat," Kingsbury explains. "So we focused on eating very clean and very healthy, but large volumes to increase muscle mass over that period." Jackman also began doing the workout that would get him in the best shape of his career (see "Jacked Man," [page 113](#)), and implemented the Rock's nutrition plan, using what Kingsbury calls

a "carb-cycling" diet: "On weight-training days we'd do carbs, and on non-weight-training days we'd have very low carbs and add more fats, like avocado, nuts, and seeds, so Hugh was still getting the calories in, but without as many carbs." The rotation allows him to be well fueled for training, but also to have time where his insulin is low so his body can burn more fat.

Jackman's demeanor and dedication to his craft, it seems, are those of a man who's literally built himself up. In closing, I ask the apparently self-made man for his best advice. "Whatever your dream is, whatever your goal is, it's a fraction of what it takes to succeed," Jackman tells me. "Every-

body has a dream, and you may think you want it more than everyone else, but you don't. Everybody wants what they want badly. The difference is, who's prepared to put in the work to get it. That's why it has to be the thing you want to do."

And as for the whole Mr. Nice Guy thing...

"As an actor, I've always believed that any label is your enemy," Jackman says. "Look, I was brought up in a way where you treat people with respect. So it's certainly easier for me to be polite and respectful to people than to be an asshole. Like, if I'm walking down the street with my family and the 29th person says, 'Hey man, can I get a photo?' for me to say, 'No photos, get fucked'—for the next hour I'll be thinking I shouldn't have said that. Whereas, if I say either, 'Yeah, no problem,' or, 'Listen, I'm with my family now, but it's nice to meet you,' then I move on, in a way it's easier."

"It's a mixture of that and also not being a wanker." ■

"Be really honest with yourself about what you want and why you want it."



Hooded shirt:
RLX RALPH
LAUREN



The connective tissue covering your muscles, the fascia, is what holds your body together—literally. Find out how to keep yours healthy, avoid injury, and get fitter than ever.

By Michael Schletter, C.P.T.

Photographs by James Michelfelder & Therese Sommerseth



Shirt: AETHER.
Black Shorts: NIKE.
Grey Shorts:
UNDER ARMOUR
Want it? See page 166.

ere's how a great fitness plan goes awry: Monday morning, you oversleep and miss your workout. But you figure you can at least get in a run that night when you get home from work. You hit the road for a few miles, have dinner, and go to bed feeling fine. But on Tuesday morning, you feel it as soon as your feet hit the floor. You have a pain in your heel.

Screw it. You take two Advil and go about your day. But Wednesday it's still there. In fact, for the next two weeks, it feels like you're walking barefoot on jagged rocks. Eventually, you have to see your doctor, and he diagnoses you with plantar fasciitis—inflammation of the fascia on the bottom of your foot. He prescribes physical therapy, and reassures you that after two sessions a week for eight weeks you'll be fine. Which you will. Except...

...now you've missed two months of valuable workout time, not to mention all the commitments you've had to cancel to go to PT.

What happened here?

Your evening run injured the muscles on the bottom of your foot, and the fascia—the connective tissue that holds them to your skin—became inflamed. If you don't know what fascia is, you're not alone; until recently, few, if any, exercise experts thought much about it. But more athletes, trainers, and sports medicine doctors are coming to realize that fascia is critical to health and performance.

"Fascia is like a network of cobwebs that encloses your muscles," says Michael Camp, D.P.T., a physical therapist who works with a number of athletes in Bethpage, NY. "When an injury occurs, it's usually in the muscle belly [the meaty part of the muscle between the origin and insertion points], and the fascia responds to that." Because the fascia covers the muscle, when the muscle's pulled, banged, strained, or otherwise damaged, the fascia connected to it is overextended. Like any other injured tissue, the fascia flares up and begins to hurt—which discourages you from using the muscle underneath it till it heals.

But no worries, because you and your PT put in eight weeks of rehab, and you feel just fine. But then...

● Fascia doesn't forgive

You head back to the gym, and within a few workouts, the pain has returned. ("Son of a...!") You're getting ready to ring your physical therapist's neck—what were those eight weeks for? But the truth is, you're both to blame. Your PT got your muscles to heal, but if you don't address the health of your fas-

cia, the problem will keep coming back, and your workouts may come to a sudden—and permanent—end.

According to Melvin Hartzog, a massage therapist in New York City, "[Physical therapists'] modality is geared toward treatment. However, they're supposed to learn to integrate that into prevention. Many therapists forget this aspect when they start practicing."

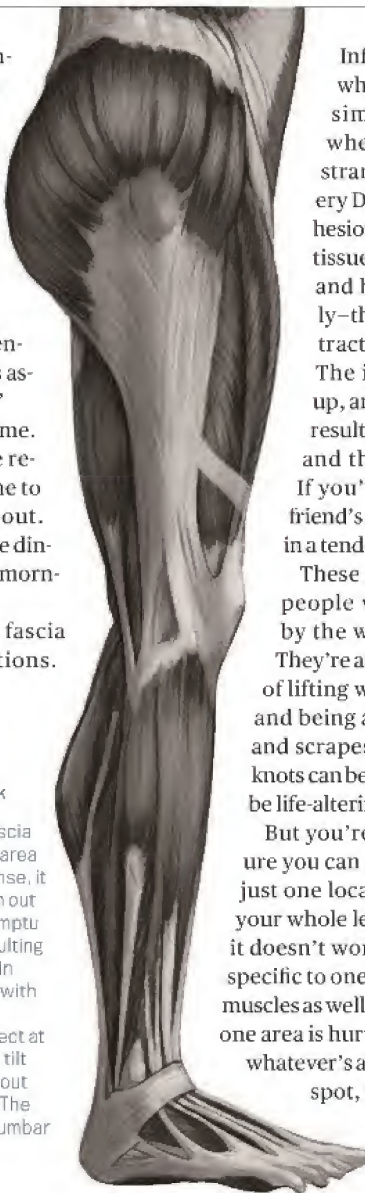
So that's their share of the blame. But fascia injuries are often the result of simply not taking the time to warm up properly for a workout. Remember your hasty run before dinner, to make up for that missed morning session? That's your bad.

Failing to take care of your fascia has many long-term implications.

The winch connection

How a bad foot can become a bad back

Think of the various muscles' fascia as rope around a winch. If one area gets hurt and shortens in defense, it can crank on other areas, taking them out of their normal alignment. If an impromptu run leaves you with heel pain, the resulting fascial damage can pull on the fascia in your calf. Calves share the knee joint with the hamstrings, so their fascia gets shortened, too. Since the hams connect at the pelvis, shortened hamstrings can tilt the hips backward, which will flatten out the natural curve in your lower back. The lack of a curve puts pressure on the lumbar discs, and can lead to back injury.

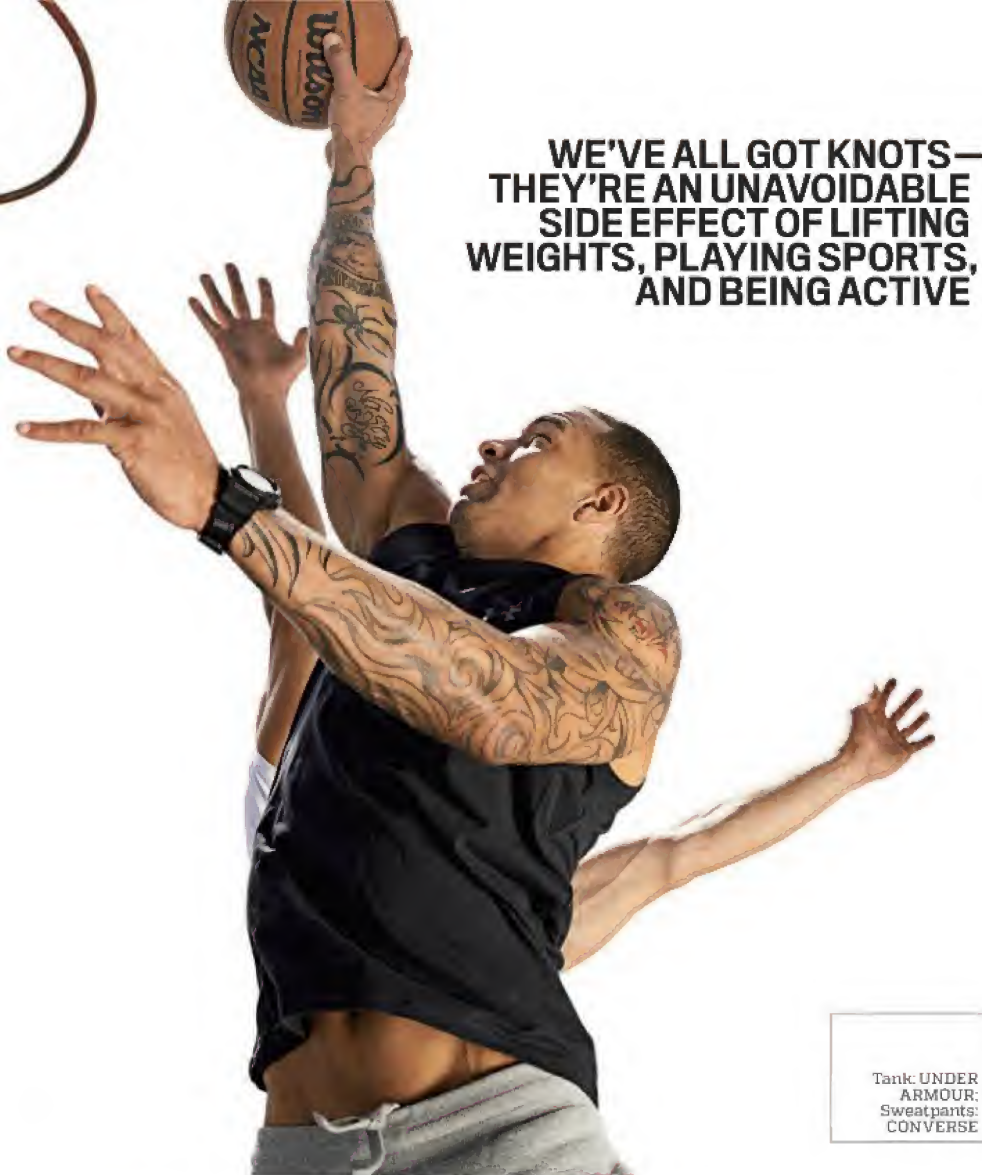


Inflamed fascia can lead to what are known as knots—similar to what you see when you unpack tangled strands of holiday lights every December. "Knots, or adhesions, are areas of muscular tissue that have been injured and haven't healed correctly—therefore, they can't contract properly," says Camp. The injured tissue tightens up, and scar tissue forms. As a result, the knots become hard, and that's difficult to undo. If you've ever yelped when a friend's accidentally nudged you in a tender spot—he found a knot.

These knots don't just plague people with obvious injuries, by the way. We've all got 'em. They're an unavoidable side effect of lifting weights, playing sports, and being active, just like bruises and scrapes. Left untreated, small knots can be a nuisance. Big ones can be life-altering.

But you're tough. Maybe you figure you can deal with a little pain in just one localized area. It's not like your whole leg hurts. Unfortunately, it doesn't work like that: Fascia isn't specific to one muscle. It connects the muscles as well as envelops them. When one area is hurt and tightens up, it tugs whatever's around it toward that one spot, pulling the fascia, muscles, and even joints out of alignment.

Previous spread and opposite main image: Styling by Seth Howard/Exclusive Artists; Grooming by Jessi Butterfield using Hourglass/Exclusive Artists. This page: Illustration by Richard Smitheman. Opposite page, sidebar: Styling by Kelly Brown/Exclusive Artists; Grooming by Jessi Butterfield using Jack Black/Exclusive Artists



**WE'VE ALL GOT KNOTS—
THEY'RE AN UNAVOIDABLE
SIDE EFFECT OF LIFTING
WEIGHTS, PLAYING SPORTS,
AND BEING ACTIVE**

Tank: UNDER
ARMOUR;
Sweatpants:
CONVERSE

● The broken chain

Take your biceps, for example. It has two origins, meaning it attaches to your shoulder at two different places. The insertion, or the place it connects to, is on your forearm. There's fascia attaching this muscle belly to the skin above it. If you were to injure the muscle belly of the biceps (perhaps performing a curl that's too heavy, while using bad form), the tissue would become damaged and the fascia would tighten up to help take on some of the job the biceps is now too injured to do.

However, unlike your muscles, fascia can't contract, so the only way it can help out is to become inflamed—and its swollen state keeps your elbow slightly, albeit permanently, bent. Over time, this deformation can prevent you from being able to fully extend your arm, diminishing your strength to the point where one day even a glass of juice becomes a burden to lift. Seriously. If one area of fascia is affected, everything will suffer, sometimes to the point where surgery is required to correct the problem. (See "The Winch Connection" on the opposite page for an example of how a heel injury can affect your whole backside.)

● Roll with it

The solution—the thing you should have been doing after your first physical therapy visit—is known as self-myofascial release (SMR). It works along the same lines as a deep-tissue massage. Your gym almost certainly has a foam roller—a cylinder of dense foam available in various lengths and styles—and rolling your muscles on it will manually break up adhesions, just as a massage therapist's hands do during an intense massage. This also restores blood flow to promote healing.

When SMR and/or massage start to make a difference in your range of motion, Camp recommends stretching the rehabbing muscles to further restore their length. Note that it's useless to do this before the knots have been worked out. Going back to our holiday lights metaphor, pulling on each end of a strand will only serve to tighten knots further. "You should also employ dynamic stretching as part of your warmup," says Camp. And this goes for any workout. These are exercises that stretch muscles actively, taking them through a full range of motion by way of movement, rather than holding them still and stretching them. (See "Fascia Fixers," at right.) ■

Fascia fixers

Follow the dynamic warmup below to prepare your muscles and fascia for any workout

Keeping the fascia healthy means keeping it flexible. A combination of foam rolling and dynamic stretching both warms up the body for exercise and increases the muscles' range of motion. Do this routine at the beginning of your workouts.

1 OVERHEAD SQUAT

Grasp a barbell or broomstick at twice shoulder width, and press it overhead. Slowly push your hips back, then bend your knees, lowering your body until your thighs are parallel with the floor. Perform two sets of 5–8 reps.



2 FOAM ROLLING FOR THE I.T. BAND

With a foam roller under your thigh, roll from your knee to your hip as shown—that's one rep. If you reach a tender spot, stop and hold it for a few seconds, or until you feel it release. Perform 10 reps on each leg.



3 ARM CIRCLE

Raise your arms out to your sides, elbows locked. Make medium-size circles. Do one set of 10 reps, forward and back. Each circle should take two to three seconds to complete.



4 HIP OPENER

From a standing position, lift one knee so your thigh is parallel with the floor. Then swing that knee out (away from the center of your body) as wide as you can. Complete two sets of 10 reps on each side.



lock, stock, and one spinning barrel

Get briefed on the best
tactics for choosing and using
the most essential piece of
kitchen gear this summer:

the blender

By Chris Cander
Photographs by Travis Rathbone



It crushes, pulses, and pulverizes.

It sounds like something that belongs on a battlefield. Behold: the blender. Not a gadget but a tool, and the most masculine one in the kitchen at that. It's the heavy artillery in your nutritional arsenal—a weapon of mass production. Put to proper use, this blade-wielding mercenary can be your greatest ally in health, whether your mission is attaining peak fitness or winning the Battle of the Bulge. And, since it can whip up everything from hangover-curing smoothies and muscle-building shakes to date-defining guacamole and party-starting summer cocktails, there's no better time than summer to pick up this essential piece of gear. Of course, a little basic training is in order first: On the pages that follow, we arm you with everything you need to know to get started, plus the recipes you'll want to have at the ready throughout the summer and beyond.

BLENDER BOOT CAMP

THIS IS MY BLENDER, THERE ARE MANY LIKE IT...

■ Handheld immersion, or "stick," blenders are good for pureeing or blending small batches right in a bowl. However, if you truly want to be ready for anything, a stand-alone jug blender—ideal for blending smoothies, sauces, dips, batters, and more—is the way to go. Lower-end blenders can cost as little as \$25, while the luxe models go for as much as \$600 and beyond. Features and functions aside, you need to consider motor strength. More wattage behind the blades increases their contact with food and yields the best results. Before you pull the trigger, make sure that the blender you're considering is, in fact, a blender. While there's some overlap between blenders and food processors, the latter's main function is to chop, shred, grate, and slice, not blend.

MEDIC!

■ Use your blender on a clean, level surface, and not too close to the edge of the counter or table. Remember, this is a tool with sharp blades. Keep spatulas, spoons, and fingers out unless the blender is turned off and unplugged. Always blend with the lid on, for obvious reasons, and don't run the motor without food or liquid in the jug. Also, because some loads can cause the base to vibrate and move, never leave a blender running unattended.

FAMOUS LAST WORDS

■ Use your blender for making smoothies, soups, sauces, dips, and cocktails. Keep glow sticks, Rubik's Cubes, and iPhones out. Want to see if your non-edibles will crush? (The answer is yes.) Blendtec founder Tom Dickson hosts a *Will It Blend* video series to answer the eponymous question. Send him your suggestions at willitblend.com.

CHOP IT

■ For the best results, cut dense ingredients like fruit and vegetables into one-inch cubes before tossing them into the jug. When in doubt, put solids in first, then liquids. Let hot items cool before blending, and be sure to add enough of whatever liquid (water, milk, stock, etc.) you're using. A mixture that's too dry will move up and away from the base and stick to the sides of the jug—not hazardous, but not very effective, either. You can throw in additional ingredients while blending, but just make sure the total volume stays at or below the max fill line.

CHECK YOUR PULSE

■ Most blenders have continuous and intermittent, or pulse, modes. Use pulse or lower speeds for dense ingredients, then gradually increase the speed once the mixture is able to circulate within the blender jug. Not blending evenly or completely? You may need to reduce your speed or, if that doesn't work, remove part of your mixture and process it in smaller batches. To protect your motor over the long haul, don't blend a heavy mixture for more than 10 seconds or mix anything for longer than one minute at a time.

KEEP IT CLEAN

■ Remove the jug from the base immediately after use to rinse it out. (The sooner you do this, the easier it will be to clean.) To make sure nothing is stuck to the blades, fill the jug about a third of the way with warm, soapy water and run on low speed for five to 10 seconds. For stubborn odors or stains, soak the jug for five minutes. Lids can be cleaned with a brush or cloth, or washed in the top rack of the dishwasher. And, while it seems obvious, we'll say it anyway: Unplug your blender before you try to clean the base. Wipe it down with a soft, damp cloth, and dry completely before storing.



Crush Summer

Justin Martin, co-owner of the Houston-based Fuel Kitchen & Health Bar,

developed the following blender-friendly recipes exclusively for *Men's Fitness*. Fuel's mission is to teach everyone from elite athletes to soccer moms to eat lean, healthful, and great-tasting foods, and the recipes here are exemplars of that philosophy. "I'm always looking for the right combinations of ease, nutrition, and taste," Martin says. "Smoothies and other blended foods are simple to make. And with fresh, healthful ingredients, they become nutrient-dense meals."

SAUCY SIDEKICKS

"I love making dips and sauces in the blender," says Mike Snyder, author of *Rawesome! Vegan!* "They're so easy—and making them at home not only saves you money but also lets you avoid the preservatives that go into the store-bought versions." Try these with whole-wheat pita bread chips.

2 GUACAMOLE PICANTE

- 2 avocados, diced
- Juice of 2 fresh limes
- 1 tsp sea salt
- 2 pinches black pepper
- 1 fresh tomato, diced
- $\frac{1}{2}$ cup fresh cilantro leaves, chopped
- $\frac{1}{4}$ habaero pepper (seeds removed), finely diced

3 SUNFLOWER HUMMUS

- 1 cup chickpeas
- 2 tbsp extra-virgin olive oil
- 1 tbsp sunflower-seed butter
- 1 tbsp lime juice
- 1 tsp sea salt

1 SPINACH- CILANTRO SALSA

- 2 cups Greek yogurt
- 1 jalapeño (seeds removed), chopped
- $\frac{1}{2}$ cup cilantro leaves
- 2 cups spinach, lightly steamed until wilted
- 1 tsp sea salt
- 1 tbsp extra-virgin olive oil

SMOOTH CRIMINALS

"The best thing about making smoothies is that you pulverize these nutritious whole foods down to their cellular level, improving the bioavailability of all the vitamins, phytonutrients, and enzymes," says Snyder. "If you took all these ingredients and made a big salad, it would take a half hour to chew it efficiently. But toss it in a blender and you get maximum nutrition in minimum time."

4 ULTIMATE ANTIOXIDIZER

- 1 cup kale
- $\frac{1}{2}$ cup spinach
- $\frac{1}{2}$ cup beets, diced
- $\frac{1}{2}$ cup blackberries
- 1 tbsp flaxseeds
- 1 cup water
- $\frac{1}{2}$ cup crushed ice

Organic materials—including the cells in your body—break down in the presence of oxygen. "Antioxidants help slow that process down," Snyder says.

**WHEN BUYING
INGREDIENTS,
CHOOSE FRESH,
LOCAL, AND
ORGANIC
WHENEVER
POSSIBLE**

5 HANGOVER ERASER

- 1 cup pineapple chunks
- $\frac{1}{2}$ cup papaya
- 1 cup coconut water
- 1 tsp stevia
- $\frac{1}{2}$ cup crushed ice

"Coconut water has electrolytes that let you rehydrate after a night out, and the enzymes in papaya help with recovery," Martin says.

7 ENERGY BOOSTER

- 1 medium orange, diced
- 1 cup pineapple, diced
- 1 cup strawberries
- 1 medium banana, diced
- 1 cup almond milk
- 1 cup crushed ice

"Almond milk has a nice blend of micronutrients," says Martin. And the carbs in the fruit will jolt you into motion.

6 SUPER SKIN SAVER

- 1 cup cucumber, diced
- 1 cup pineapple chunks
- 1 medium green apple, diced

Cucumber is a good source of the trace mineral silica, which is essential for supporting the health of your body's connective tissue.

8 POST-GYM RECHARGER

- 1 scoop vanilla-flavored whey protein
- 1 cup fresh spinach
- $\frac{1}{2}$ cup blueberries
- 1 medium banana
- 1 cup almond milk
- $1\frac{1}{2}$ cups crushed ice

Whey contains the amino acid leucine, which improves muscle protein synthesis—crucial for the growth and repair of muscles.




PARTY STARTERS

When it comes to blended cocktails, take some creative license. And by that, we don't mean buying a blender that plays Key West ballads as it crushes ice.

9 WATERMELON MARGARITA

- $\frac{1}{2}$ cup tequila
- 5 tbsp agave nectar
- 4 cups seedless watermelon, diced
- 1 cup crushed ice

11 BLUEBERRY MOJITO

- $\frac{1}{2}$ cup lemon-flavored rum
 - $\frac{1}{4}$ cup frozen blueberries
 - Juice of $\frac{1}{2}$ fresh lemon
 - 2 tbsp agave nectar
 - $\frac{1}{2}$ cup club soda
 - 5 leaves fresh mint
 - $\frac{1}{2}$ cup crushed ice
- 



10 CRANBERRY SANGRIA

- $\frac{1}{2}$ bottle dry red wine
- 2 sections fresh orange
- 1 cup light cranberry juice
- 1 12-oz can Diet Sprite
- Juice of 1 fresh lime
- 1 cup fresh orange juice
- 2 cups crushed ice

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ASK MEN'S FITNESS

Your questions, answered

I lost 15 pounds this winter by abstaining from alcohol. But I don't want to be a party pooper by not drinking this summer. What should I use as a mixer in my drinks?

LES A., DETROIT, MI

Alcohol alone contains seven calories per gram, so avoid adding mixers like regular soda (an 8-ounce Coke contains 100 calories and 27 grams of sugar), fruit juice (also loaded with sugar), and tonic water (12 ounces of tonic water packs 32 grams of sugar). Choose club soda—it has no calories, no additives (unlike diet soda), and the carbonation adds fizz.

What's the best kind of massage for an athletic guy?

STAN D., NEWARK, NJ

Each type of massage offers its own benefits. Swedish massage, which involves light, fast movements along the muscle surface, is the most common. Try this if you want to zone out. If you've got some muscle soreness going on, go for deep tissue—it reaches down into your muscles and joints. Shiatsu focuses on pressure points to improve energy flow and eliminate stress. Try a Thai massage to improve flexibility—it will feel more like a challenging yoga session. Finally, a hot-stone massage incorporates heated stones and, like a Swedish massage, is great for unwinding.

For lunch at work I usually eat Burger King (it's the only place nearby), but we have frozen pizzas in the freezer. Which is better?

TODD M., RENOVO, PA

Yikes! Those aren't appealing options—though they could work in a pinch. "Lean frozen pizza—especially if you add fresh veggies—or a BK Tendergrill chicken sandwich (minus the mayo) won't completely kill your shot at six-pack abs," says chef Devin Alexander. But why not opt for leftovers instead? "Grill a pile of chicken or lean steak for dinner, then slice the leftovers for sandwiches during the week," Alexander suggests. Maintaining control over your diet is critical to getting, and staying, in great shape.

Send your questions to ask@mensfitness.com.

CLAIRE BENOIST

**BRING CLUB
SODA INTO
THE MIX
AND NIX THE
FATTENING
SOFT DRINKS.**

I've resisted playing the stock market for this long, but I feel like it's time to give in. Even in this economy, a couple of my friends have been able to do quite well. Any tips?

ROY B., PHOENIX, AZ

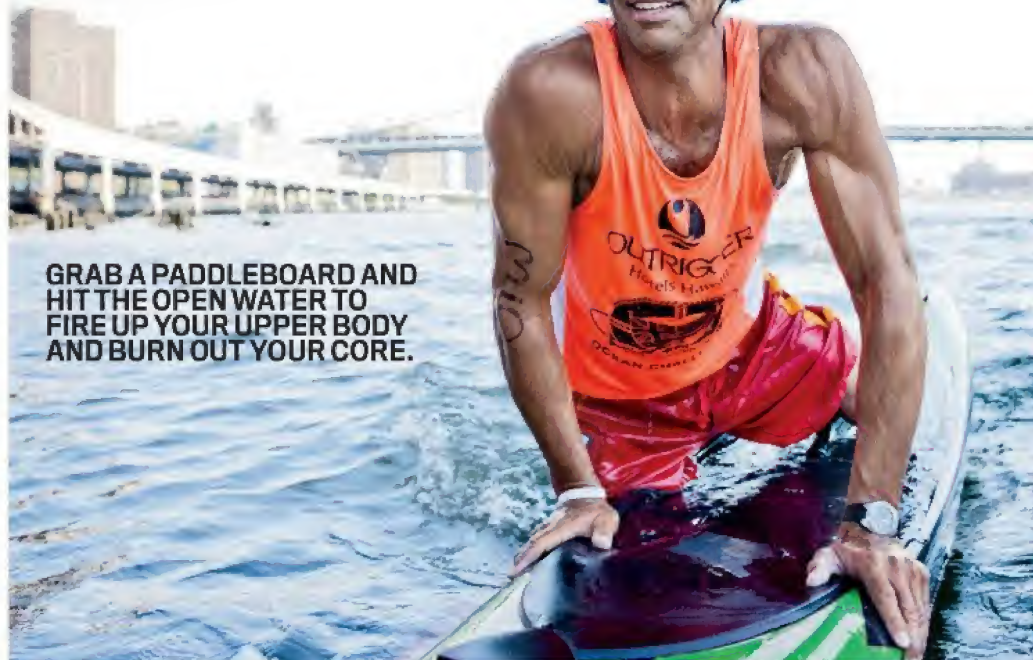
Get involved with stocks that matter to you. "Research a few industries you're interested in, and see what sounds promising," says Cody Willard, a former hedge-fund manager and adjunct professor at Seton Hall University. Invest your money in that sector rather than one you don't care about. Also, decide how much you can bear to lose; the value of your portfolio will inevitably drop, so prepare for it. "By setting a limit, you'll keep yourself from worrying over unavoidable dips in the market, while still preventing yourself from slipping into a financial hole," Willard says. And remember, by the time CNBC touts a stock or a financial

trend, it's already old news. Why? Because millions of other potential investors will react to it. Sometimes it's better to just plug your ears. There is such a thing as too much information. There are millions of traders, making and losing trillions of dollars a day, and most of what happens will have little to no impact on your investments.

I just started running, and my first 10K race is in six weeks. Advice?

LOUIS L., ST. PETERSBURG, FL

Start building your base mileage. Running five times a week should put you somewhere in the range of 30–40 miles a week, which is where you want to be. Ultramarathon runner Dean Karnazes recommends an alternating routine: "Go faster one day, then moderately slower on your recovery day," he says. Also, be sure to keep doing your usual strength training to maintain a strong base.



GRAB A PADDLEBOARD AND HIT THE OPEN WATER TO FIRE UP YOUR UPPER BODY AND BURN OUT YOUR CORE.

I passed up a chance to go paddleboarding because I wasn't sure how to do it. I hear it's a great workout. Will it help me stay in shape?

LAWRENCE B., HUNTSVILLE, AL

You'll definitely feel it in your abs the next day. Balancing on the board really works your core, and paddling is a tough resistance exercise. "You can begin to pull harder and harder on your paddle to give you a better workout," says Jon Hinds, owner of Monkey Bar Gym in Madison, WI. You can also try some maneuvering out on the water to make your core work even harder to stabilize you.

DR. SHRED

OUR WEIGHT-LOSS EXPERT IAN SMITH, M.D., HELPS YOU REACH YOUR GOALS



WHAT'S THE BEST PROTEIN OPTION FOR A LACTOSE-INTOLERANT GUY?

DAVE G., SAN FRANCISCO, CA

There's nothing better than whey for building muscle effectively—it's a complete protein that's quickly absorbed by the muscles. But it can also make for some unhappiness during long car rides, if you know what I mean. Check the labels on your supps—there are three major types of whey: concentrate, isolate, and hydrolyzed. Concentrate is much higher in lactose than the other two, so trying one of the other options could allow you to reap the rewards of whey without upsetting your stomach.

I PUT KALE IN MY JUICER, BUT IT SEEMS LIKE ALL THE FIBER AND OTHER GOOD STUFF ENDS UP IN THE BIN. WHAT GIVES?

TREVOR T., BALTIMORE, MD

Juicing is the fastest route to total nutrition,



Kale ale. Kale is a great base for healthy juices.

and a great way to get superhealthy foods you wouldn't normally eat—ginger, for instance—into your diet regularly. That said, there are some things you lose with juicing. Because you're extracting the juice from your vegetables and fruits, the resulting product has fewer vitamins and minerals, since the skin, which contains a tremendous amount of nutrients, is left behind. The best solution is to keep some whole produce in your diet and not rely 100% on juice.

HOW CAN I RESIST THE UNHEALTHY SNACKS I CRAVE AFTER DINNER?

MATT B., KANSAS CITY, MO

Try to short-circuit whatever's causing the craving. Most of us have triggers: watching TV, feeling lonely, stress. If you're fiending for dessert after dinner, do something different after you eat. It doesn't matter what it is, only that it's different from what you normally do. It also helps to have some craving-satisfiers to turn to that won't ruin your night: I like a banana dipped in chocolate for something tasty that makes me feel like I indulged. Another trick: After dinner, brush your teeth with strong peppermint-flavored toothpaste.

Ian Smith, M.D., is a sports medicine specialist and the author of *Shred: The Revolutionary Diet*. E-mail your questions to him at askian@mensfitness.com.



I just started my first job after college and think it's time to get rid of my old backpack. Help me find a good office bag!

REGGIE W., CONCORD, NH

Happy graduation, Reggie—now it's time to get to work. This leather workbag from Banana Republic should do the trick. It has a padded compartment to store a laptop, a phone, a charger, and a tablet. "I was inspired by the classic shape of a vintage postal bag, and added a sense of luxury and utility," says Banana Republic creative director Simon Kneen. "The rugged leather with strong contrast stitching develops a patina with wear that makes it personal."

Bag: BANANA REPUBLIC Want it? See [page 166](#)

Courtesy of Ian Smith; Kale: Getty Images



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IF YOUR GIRLFRIEND STARTS HITTING THE GYM, WE RECOMMEND YOU DO THE SAME.



My girlfriend has lost 10 pounds and now I'm wondering if she expects me to do the same. Any advice for staying motivated?

JEFF L., RENO, NV

First, identify your personal goals—in this case, hanging on to your increasingly hot girlfriend—advises Martin E. Ford, Ph.D., creator of Motivational Systems Theory. If fitness is a priority for her, you should consider filing down the love handles. Then all you have to do is make sure to follow through. “Set rules you can use to build new habits,” says Ford, who recommends making a point of exercising every day at a certain time. “If you can do this for a few days, it will become automatic.”

LENNY THE BARBER

OUR TRUSTED BROOKLYN BARBER LENNY RANALDO CUTS TO THE CHASE



MY GIRLFRIEND RECENTLY MOVED IN AND SHE'S BEEN GIVING ME GRIEF ABOUT MY SOCKS, WHICH ARE MOSTLY A COLLECTION OF RANDOM COLORS AND LENGTHS. SHE SAYS PAIRING THEM AFTER LAUNDRY IS TOO TIME CONSUMING. I'VE STARTED TO LOSE SOME OF MY FAVORITE PAIRS. WHAT GIVES?

BRION S., FAIRFAX, VA

Kid—you're not a bachelor anymore, and the days of trying to impress a woman with a cartoon-character sock collection ended a long time ago. The girl will give your whole life a woman's touch and help you get yourself together. I say, choose the path of least resistance. A guy I know, Peter Walsh, is an organization expert, and he

once gave me some good advice on socks: “Only buy two or three kinds of socks.” He told me, “You won't worry as much about pairing them, and you can just throw them in a drawer. It relieves the stress of finding lost pairs.” Throw out all those old socks—some of them have holes in them anyway, I'm sure—and buy a couple pairs of black socks, white socks, and workout socks for the gym. And while you're at it, make sure that's all she'll find in your sock drawer.

Lenny Ranaldo has been helping men clean up their lives from his Williamsburg, Brooklyn, barbershop since 1943. E-mail your questions to him at asklenny@mensfitness.com.



I'm trying to burn fat while preserving muscle. What can I fill up on without adding too many extra calories?

AARON H., VIRGINIA BEACH, VA

Nuts and avocados are full of healthy monounsaturated fats and will keep you satisfied. Adding them to your diet may even help you burn off some calories. “That extra fat could help with performance in your workouts,” says The *Biggest Loser* trainer Bob Harper. Nuts like almonds are also high in protein, and getting enough protein in your diet is key to keeping whatever muscle you already have.



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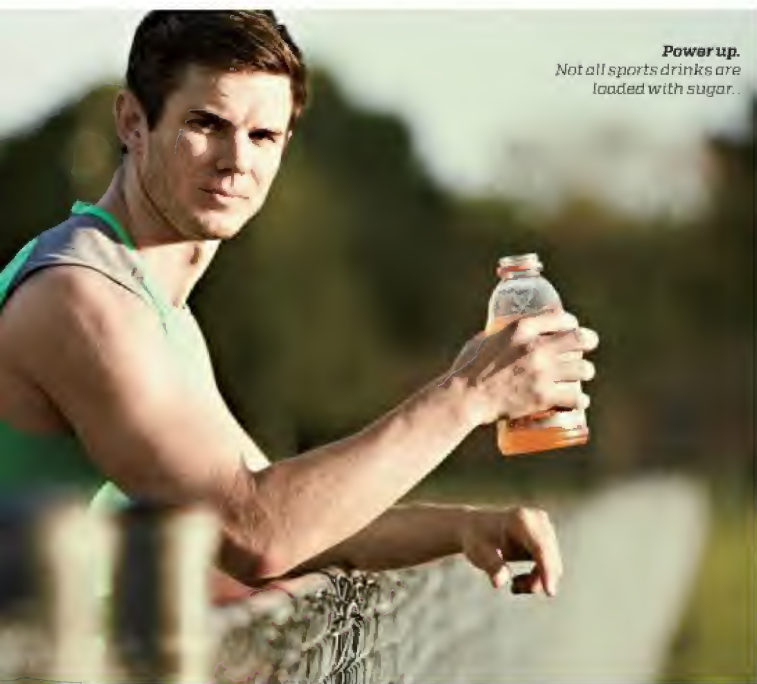
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Power up.
Not all sports drinks are loaded with sugar.

Guys on my basketball team drink Gatorade, but I'm diabetic so I avoid it because of the sugar. Is there an alternative for me?

VINCENT F., TOMS RIVER, NJ

Sports drinks like Gatorade are useful for amping up energy, and waters—like zero-calorie Propel Enhanced Water, for example—contain ample amounts of vitamins C, E, and B, plus antioxidants. There are, of course, some alternatives for diabetics. Check out a product called UCAN. Its carbs won't cause a big spike in your blood-sugar levels, so your insulin will stay in check

and your body will be able to more readily access and burn your fat stores for energy. "It's the best of both worlds," says Mike Roussell, Ph.D. "Carbs from the drink and fat from your body."

My bench press has plateaued. How can I jolt my progress?

SEAN B., NEW YORK, NY

There are two very easy ways to break through a bench-press plateau. If your sticking point on the lift is when the bar is at your chest, do the press every now and then with dumbbells, with your palms facing each other. Using this "neutral grip"

will strengthen your chest. If you find the bar stalling just before lockout, move a bench into a squat rack and start with the bar resting on the spotter pegs—set at your sticking point. Focusing on the top part of the lift will strengthen your triceps and help you lock out more weight.

Also, "You want to try to 'bend' the bar in half as you lower it," says C.J. Murphy, owner of Total Performance Sports (totalperformance.com). "That allows you to generate more force."

I'm planning to do a 4,000-mile cross-country drive. Is there anything I might be forgetting?

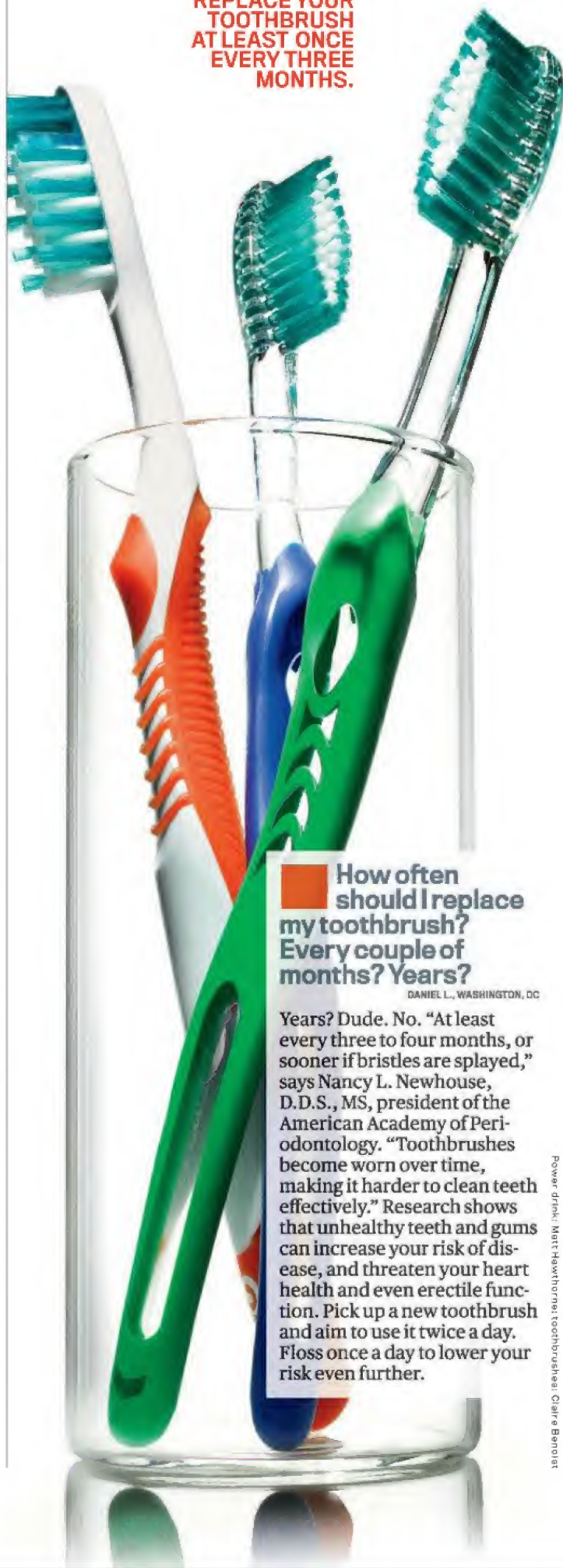
JEFF I., NEWARK, DE

Definitely get your tires checked before hitting the road for any long trip. Tread wears down over time, and you also want to account for the extra weight of any luggage or passengers. "Make sure the tire pressure is set to the specifications in the owner's manual," says Tony Quiroga, senior editor of *Car and Driver*. Also, extend the life of your tires by having your car's wheel alignment checked. Put those three items on your to-do list and buckle up.

Wear and tear.
A wheel alignment will help preserve your tires.



REPLACE YOUR TOOTHBRUSH AT LEAST ONCE EVERY THREE MONTHS.



How often should I replace my toothbrush? Every couple of months? Years?

DANIEL L., WASHINGTON, DC

Years? Dude. No. "At least every three to four months, or sooner if bristles are splayed," says Nancy L. Newhouse, D.D.S., MS, president of the American Academy of Periodontology. "Toothbrushes become worn over time, making it harder to clean teeth effectively." Research shows that unhealthy teeth and gums can increase your risk of disease, and threaten your heart health and even erectile function. Pick up a new toothbrush and aim to use it twice a day. Floss once a day to lower your risk even further.

Power drink: Matt Hawthorne; toothbrushes: Claire Benoit



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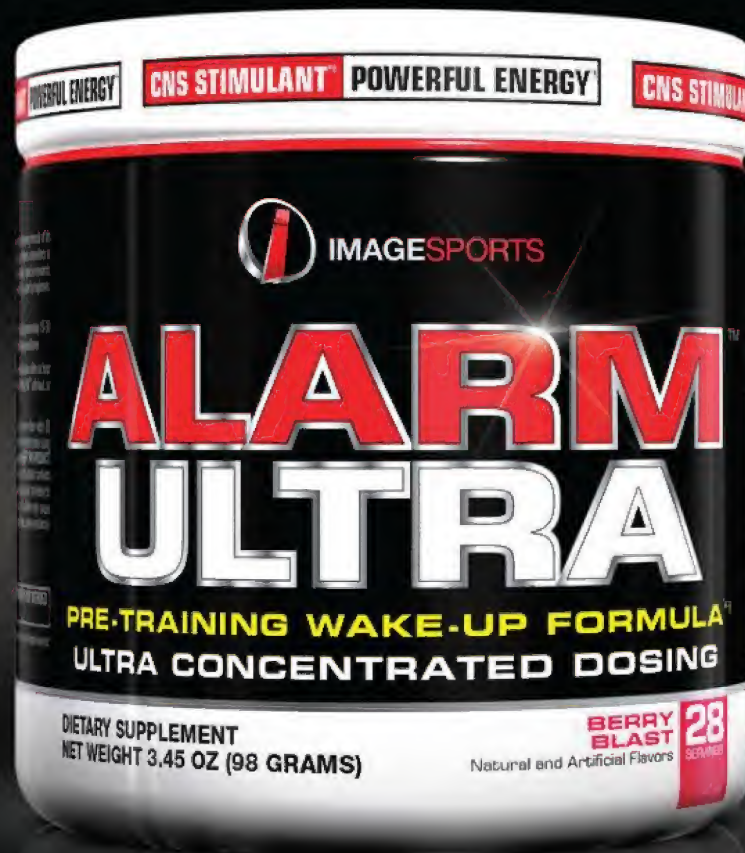
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**WANT
ABS?**

See "The 7-day
shrink-wrap,"
p.142

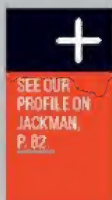
THE BODY BOOK

Your better-body blueprint

JACKED MAN

The body Hugh Jackman
displayed in the *X-Men*
franchise is iconic.
The program to get it is simple.

By Sean Hyson, C.S.C.S.



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166

Size, strength, definition, and athleticism. When you have a physique that conveys all these, people call you a hero—maybe even an X-Man. Hugh Jackman owns all four of these attributes every time he plays Wolverine, and the training that gets him there is simple and old-school.

HOW IT WORKS Jackman's trainer, David Kingsbury, had the actor follow a classic progressive overload plan to build strength on basic lifts like the bench press, squat, and deadlift. The point is to start extra light, using only a small percentage of your max, and gradually up the weights and drop the reps so that you're smashing through plateaus in only a few weeks. (Note that the fourth week is done with lighter weights to allow

recovery.) "It's a system you can trust to continue to improve your gains," Kingsbury says.

The remaining work involves some age-old techniques such as supersets and circuits to thoroughly exhaust muscles and burn off the fat that covers them. But if you're picturing the modern bodybuilding workouts featured in some other mags, you won't find them here. "There's no point in just bulking up," Jackman says, "because you've got to be functional." Unlike most guys in gyms today gunning for bigger arms, Jackman's training is balanced, and he does the so-called hard exercises most others avoid—no machines. Jackman's look is more evidence that free weights are behind every unforgettable physique, whether or not it's built on an adamantium skeleton. "I got in the best shape I've ever been in," he says.

DIRECTIONS

Perform each workout (Day 1, 2, 3, 4, and 5) once per week for eight weeks. You can do workouts 1, 2, and 3 on Monday, Tuesday, and Wednesday, respectively, and then rest Thursday and do workouts 4 and 5 on Friday and Saturday.

The weight you will use on the main lifts will follow a specific weekly progression. See "Linear Progress" below.

Alternate "a" and "b" exercises. Perform a set of "a," rest, then "b," rest, and repeat.

LINEAR PROGRESS

Use this table to determine how much weight to use on your main lifts

The loads you use on the bench press, squat, weighted pullup, and deadlift will vary each set and each week. First, estimate how much you can lift on these exercises for one perfect rep (your max). Now find 95% of that number and use this calculation as your adjusted max for the program—we want you to err on the lighter side. Follow the table to see which percentage of that max you will use for a given set. For example, if your adjusted max on the bench press is 225 pounds, a set calling for 60% will require 135 pounds. Regardless of how light a weight feels, perform only the reps that are required for the set. The weights will get heavier as the program moves forward.

After four weeks, add 5–10% to your maxes and repeat the cycle. Add only

5% if you felt the weights you used in Week 3 were very challenging. If you banged out those reps without much trouble, you can speed progress by adding 10% instead.

WEEK 1

- Set 1: 5 reps with 60%
- Set 2: 5 reps with 65%
- Set 3: 5 reps with 75%
- Set 4: 5 reps with 75%

WEEK 2

- Set 1: 4 reps with 65%
- Set 2: 4 reps with 75%
- Set 3: 4 reps with 85%
- Set 4: 4 reps with 85%

WEEK 3

- Set 1: 3 reps with 70%
- Set 2: 3 reps with 80%
- Set 3: 3 reps with 90%
- Set 4: 3 reps with 90%

WEEK 4

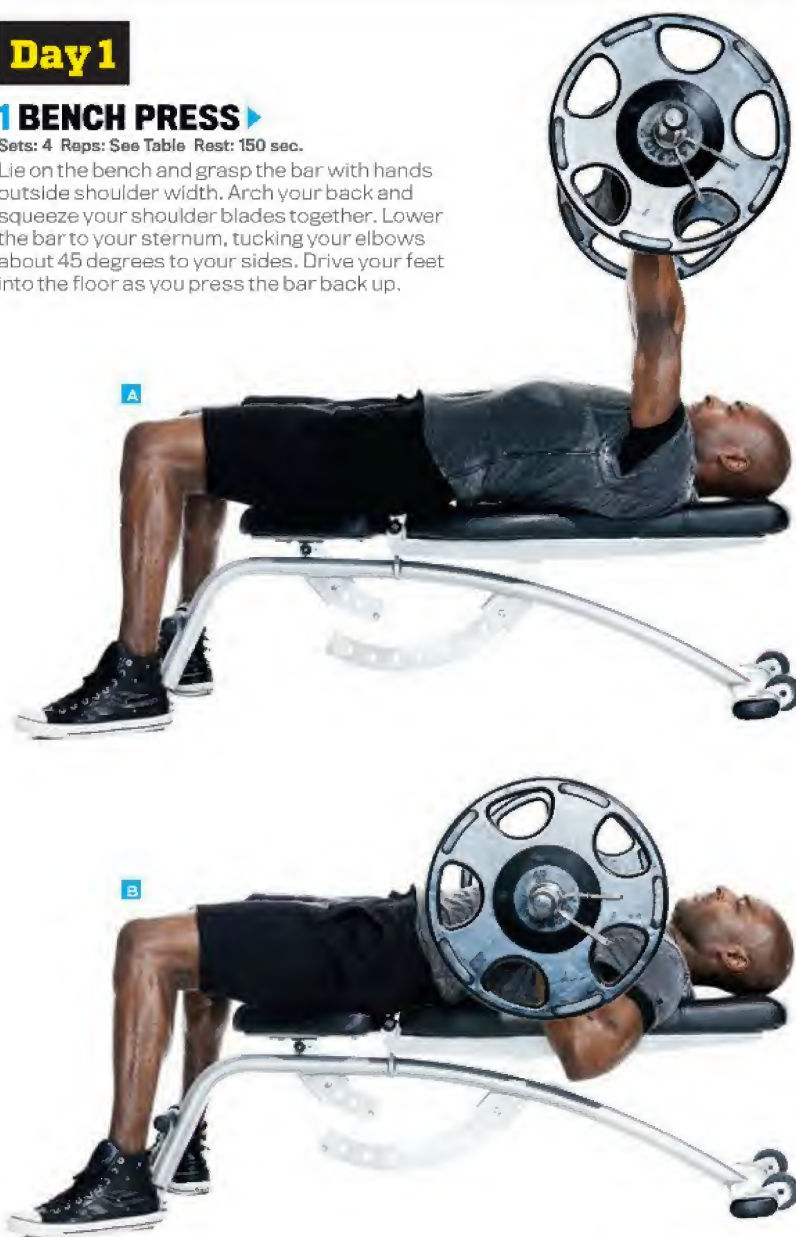
- Set 1: 10 reps with 40%
- Set 2: 10 reps with 50%
- Set 3: 10 reps with 60%
- Set 4: 10 reps with 60%

Day 1

1 BENCH PRESS

Sets: 4 Reps: See Table Rest: 150 sec.

Lie on the bench and grasp the bar with hands outside shoulder width. Arch your back and squeeze your shoulder blades together. Lower the bar to your sternum, tucking your elbows about 45 degrees to your sides. Drive your feet into the floor as you press the bar back up.



*All percentages are of your adjusted max.

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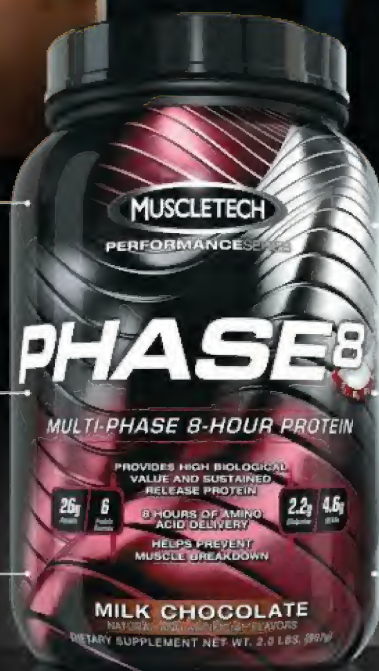
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2 DUMBBELL SHOULDER PRESS

Sets: 4 Reps: 10
Rest: 60 sec.

Hold a dumbbell in each hand at shoulder level. Keeping your abs braced, press the weights straight overhead.

3 BEHIND-THE-NECK PRESS

Sets: 4 Reps: 10
Rest: 60 sec.

Grasp the bar with hands at shoulder width and lift it off the rack so it sits at shoulder level. Keeping your abs braced, press the bar overhead and then lower it behind your head—but not all the way to your neck. Press it up from there. Begin each subsequent rep from behind the head.

4 CUBAN PRESS

Sets: 4 Reps: 10
Rest: 30 sec.

Grasp the bar with hands outside shoulder width. Draw your shoulders back and raise it in front of your body until your elbows are bent 90 degrees. Now rotate your forearms backward until your knuckles face the ceiling. Press the bar overhead. Reverse the motion to return the bar to the starting position.

5A TRICEPS DIP

Sets: 4 Reps: 10
Rest: 60 sec.

Rest the heels of your hands on a bench and place your feet on another bench parallel with it so your body is suspended over the floor. Lower your body until your upper arms are parallel with the floor.

5B LATERAL RAISE

Sets: 4 Reps: 12
Rest: 60 sec.

Hold a dumbbell in each hand with arms at your sides. Raise the weights out 90 degrees so your upper arms are parallel with the floor.

6 SHOULDER CIRCUIT

Sets: 3 Reps: 8 (each move) Rest: 60 sec.

Hold a dumbbell in each hand and perform 8 lateral raises. Turn your palms to face your thighs and raise your arms in front of you 90 degrees (front raise). Perform 8 reps. Bend over until your torso is parallel with the floor and raise your arms 90 degrees (bentover raise). Perform 8 reps. Finish with overhead presses for 8 reps. Don't rest until all moves are done.



Day 2



1 BACK SQUAT

Sets: 4 Reps: See Table
Rest: 150 sec.

Grasp the bar outside shoulder width and squeeze. Step under it and pull your shoulder blades together. Arch your back to take the bar off the rack—it should rest on your rear delts. Step back and set your feet at shoulder width. Take a deep breath and sit back, lowering yourself as far as you can with your back flat.

2 FRONT SQUAT

Sets: 4 Reps: 10 Rest: 60 sec.

Grasp the bar at shoulder width and raise your elbows so your upper arms are parallel with the floor. Nudge the bar off the rack and step back. Plant your feet at shoulder width. Squat down without losing the arch in your back.

3 SINGLE-LEG PRESS

Sets: 4 Reps: 10 (each leg) Rest: 60 sec.

Place one foot on the foot plate and bend your knee until it's 90 degrees.

4A STANDING CALF RAISE

Sets: 4 Reps: 12
Rest: 60 sec.

Use the standing calf raise machine or stand on a block. Lower your heels until you feel a stretch in your calves and then raise your heels until you're on the balls of your feet.

4B HANGING LEG RAISE

Sets: 4 Reps: 12
Rest: 60 sec.

Hang from a pullup bar. Contract your abs and raise your legs until they're parallel with the floor.

5 AB WHEEL ROLLOUT

Sets: 4 Reps: 10
Rest: 60 sec.

Grasp the axle of an ab wheel and kneel down on the floor, placing the wheel in front of you. Brace your abs and roll forward until you feel your lower back is about to sag. Roll yourself back to the starting position.



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Day 3

1 WEIGHTED PULLUP

Sets: 4 Reps: See Table Rest: 150 sec.

Attach a weighted belt around your waist and hang from a pullup bar. Pull yourself up until your chin is over the bar. The loads the table on page 114 call for pertain to the extra weight you're adding around your waist. If you can't perform the number of prescribed reps with added weight, just use your body weight. Go to mensfitness.com for other pullup tips.

2 ONE-ARM DUMBBELL ROW

Sets: 4 Reps: 12 (each arm) Rest: 60 sec.

Hold a dumbbell in one hand and rest your opposite hand and knee on a flat bench for support. Draw your shoulder back and row the weight to your ribs.

3 INVERTED ROW

Sets: 4 Reps: 10 Rest: 60 sec.

Set up a barbell on the supports of a power rack (or use a Smith machine) so it's about waist height. Grasp the bar at shoulder width and walk your legs forward until you're hanging from the bar with arms extended—it should look like the top of a bench press. Squeeze your shoulder blades together and pull yourself up until your back is fully contracted.

4 INCLINE DUMBBELL CURL

Sets: 4 Reps: 10 Rest: 60 sec.

Set an adjustable bench to a 45- to 60-degree angle and sit back on it with dumbbells. Keeping your upper arms at your sides, curl.

5 BICEPS CIRCUIT

Sets: 4 Reps: 8 (each move) Rest: 60 sec.

Hold a light dumbbell in each hand and perform a curl. Turn your palms over at the top and lower the weights with control using that reverse grip (Zottman curl). Do 8 reps. Now turn your palms to face your thighs and curl one arm at a time across your body, so your hand ends up near your opposite shoulder. Complete 8 reps on each arm. Finish with 8 reverse curls, palms facing down. Do not rest until all exercises in the circuit are completed.



Day 4

1 INCLINE DUMBBELL PRESS

Sets: 4 Reps: See Below Rest: 150 sec.

Set an adjustable bench to a 30- to 45-degree incline, grasp a dumbbell in each hand, and lie back against the bench. Hold the weights at your shoulders and press them straight up over you. On the last set, perform a dropset—complete 6 reps as prescribed and then reduce the weight to a load that allows you another 6 reps. Be conservative.

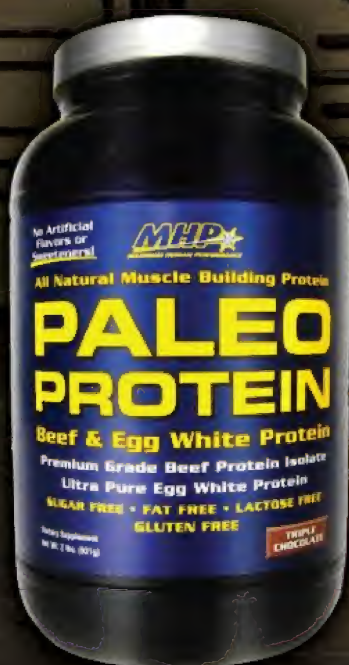
2 MULTI-ANGLE INCLINE DUMBBELL PRESS

Sets: 4 Reps: 6 Rest: 60 sec.

Perform the incline dumbbell press at three different angles. Begin on a steep incline and do 6 reps. Without rest, adjust the bench to reduce the incline and perform another 6 reps. Adjust the bench again to make it completely flat and complete 6 final reps. That's one set.



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3 CABLE FLYE

Sets: 4 Reps: 10 Rest: 60 sec.

Attach D-handles to the top pulleys of two facing cable stations. Grasp each and bend your elbows slightly. Step forward so you feel a stretch in your chest and then bring your arms together in front of your chest, flexing your pecs.

4 CLOSE-GRIP BENCH PRESS

Sets: 4 Reps: 10 Rest: 60 sec.

Set up as you did for the bench press but grip the bar just inside shoulder width.

5 TRICEPS CIRCUIT

Sets: 4 Reps: 8 Rest: 60 sec.

Use the rope attachment on a pulley machine and perform triceps push-downs for 8 reps. Next, perform 8 reps of triceps dips as described on page 116. Finally, perform 8 reps of pushups with your hands close together. Do not rest until all exercises in the circuit have been completed.



Day 5

1 DEADLIFT

Sets: 4 Reps: See Table Rest: 150 sec.

Stand with feet at hip width and bend down to grasp the bar outside your knees. Take a deep breath and drive through your heels to lift the bar, keeping your lower back flat. Come up until you've locked out your hips and knees.



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†Whitney R. is a member of Team BPI.



2 ROMANIAN DEADLIFT

Sets: 4 Reps: 10 Rest: 60 sec.

Hold the bar at shoulder width. Bend your hips back and lower your torso as far as you can without losing the arch in your lower back. Allow your knees to bend as needed. Extend your hips to come back up.



3 ZERCHER SQUAT

Sets: 4 Reps: 12 Rest: 60 sec.

Set up a barbell low enough in the squat rack that you can reach your arms under it and let it rest in the bend of your elbows. Cup one hand over the other and, keeping your lower back arched, lift the bar out of the rack. Stand with your feet outside shoulder width and turned out about 45 degrees. Keeping your chest up, squat as low as you can. Increase the weight you use each set.



4 WEIGHTED INCLINE SITUP

Sets: 4 Reps: 10 Rest: 60 sec.

Set an adjustable bench to a slight decline and set up on it holding a weight plate behind your head. Perform a situp.

5 BARBELL LAND MINE

Sets: 4 Reps: 10 (each side) Rest: 60 sec.

Wedge one end of a barbell into the corner of a room and load the other end. Grasp it with both hands and twist to one side explosively. Then twist to the other.



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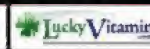
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6 WEEK SLIMDOWN

Make summer itself your gym with this all-outdoors, body-weight-based workout
By Jeff Decker, C.P.T. Photographs by Matt Hawthorne



The sun is shining. The waves are lapping. The girls are dripping melted snow cones down the fronts of their bikinis.

So what the hell are you doing in the gym?

Yes, you want a body worth showing off in the summertime, but what good does that do you when you never actually get to strut your stuff? This summer, you can get stronger and leaner—and soak up some valuable vitamin D—with a workout that doesn't require you to lock yourself away in the gym.

HOW IT WORKS: As a trainer of Marines, I can tell you that pullups, pushups, squats, and running are all you need to build endless stamina and see your abs pop. These are the cornerstones of the program I've designed. The only equipment you'll need is a light resistance band and a jump rope—your backyard or local park should provide the rest.

The workouts are separated into three two-week blocks. Make note of your rep records and times and try to beat them weekly. This will ensure you stay motivated and make gains. After six weeks, we bet you won't even miss the gym—and no one will think you ever stopped going.

Jeff Decker is a 21-year Marine and personal trainer. Visit him at thegreatjeffdecker.com

PHASE I // Weeks 1, 2

DAYS 1, 3 FULL BODY

Perform the exercises as a circuit: Complete one after the other, resting only as needed in between. Afterward, rest one minute, then repeat for three total circuits.

1 SQUAT

Reps: 12
Stand with feet shoulder width and sit back as if you were lowering yourself into a chair.

2 JUMP SQUAT

Reps: 12
Squat halfway down and then jump as high as possible.

3 WALKING LUNGE

Reps: 20
Step forward and lower your body until your front thigh is parallel with the ground and your rear knee nearly touches the ground. Step forward again to begin the next rep.

4 ¼ PUSHUP

Reps: 10
Lower your body into a pushup but press yourself only one quarter of the way up. Perform fast reps in this shortened range of motion.

5 PUSHUP

Reps: As many as possible
Perform regular pushups at a slow and controlled pace with your hands shoulder-width apart on the floor.

6 PLANK

Reps: Hold 30 seconds
Get into a pushup position and rest your elbows on the floor. Hold your body in a straight line with abs braced.

7 CRUNCH

Reps: As many as possible
Raise your torso until your shoulder blades leave the ground.

8 LEG RAISE

Reps: 10
Lie on your back on the ground and raise your legs straight into the air. Lower your legs until they're about an inch off the ground and then lift them back up.

9 PULLUP OR BAND ROW

Reps: As many as possible
Hang from a bar with hands outside shoulder width and palms facing away from you. Pull yourself up until your chin is over the bar. For the band row option, attach a resistance band to a tree or pole and row it to your ribs so you feel a contraction in your upper back.

10 BAND CURL

Reps: 30
Hold the end of a resistance band in each hand and stand on the middle of it. Keeping your upper arms against your sides, curl the band up.

11 DIAMOND PUSHUP

Reps: 30
Get into a pushup position with your hands close together so your thumbs and index fingers touch.

12 400-METER RUN

Run a quarter mile. For safety, don't go at top speed unless you're an experienced sprinter.

DAYS 2, 4 REST

DAY 5 CHALLENGE

Rep to failure on exercises 1-4. Rest 2 minutes after each. Do the mile run or burpees. Record all your results.

1 SQUAT

2 PUSHUP

3 CRUNCH

4 PULLUP

5 MILE RUN OR BURPEES

If you choose to do burpees, set a timer and then perform as many as possible in 15 minutes, resting as needed. From standing, squat down and plant your hands on the ground. Shoot your legs back into a pushup position, and then reverse the motion

to come back up, jumping at the end.

DAYS 6, 7 ACTIVE REST

Go for a 20-minute swim or bike ride, or jump rope for 20 minutes. If you choose to jump rope, jump for 1 minute straight, followed by 30 seconds of rest. Repeat until you've completed 20 total minutes.



Walking lunge. Do each rep slowly to keep your balance.

ScienceAge

July 20, 2013

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Shoes: PUMA

Nutrition made simple

Just because you'll be laying off your gym routine doesn't mean you can get out of eating like a dedicated gym-goer. Keeping with our theme of simplicity, eat foods picked from the columns below at each meal. The combination of high protein, moderate carbs, and low fat will get you impressively lean without any additional calculations.

Protein

2 whole eggs, 4 whites
6-8 oz chicken
6-8 oz fish
4-5 oz lean beef

Carbs

1 cup oatmeal
1 cup brown rice
1 medium sweet potato
1 medium baked potato

Veggie/Fruit

1 grapefruit
1 cup broccoli
Salad
1 cup asparagus

Try to eat every three hours. When you can't get a full meal, make a shake with water, two scoops of whey protein powder, and two tablespoons of nut butter.

PHASE II // Weeks 3, 4

DAYS 1, 4 UPPER BODY

Perform the exercises in sequence, resting as needed in between.

1 ¼ PUSHUP
Reps: 20

2 FEET-ON-BENCH PUSHUP

Reps: 10
Place your feet on a park bench or other elevated surface and perform pushups with hands shoulder-width apart,

using a slow and controlled tempo.

3 PUSHUP
Reps: As many as possible

4 PULLUP
Reps: As many as possible

5 BAND ROW
Reps: Perform reps for 60 seconds

6 BAND UPRIGHT ROW

Reps: Perform reps for 60 seconds
Stand on a band and row it upward until your upper arms are parallel with the floor and elbows are bent 90 degrees.

7 BAND CURL
Reps: Perform reps for 60 seconds

8 TRICEPS DIP
Reps: 30
Place the heels of your hands on an elevated surface. Lower your body until your upper arms are parallel with the

floor and then push yourself back up.

9 2-MILE RUN

10 CIRCUIT
Perform as many reps as possible of pushups, pullups, and crunches without rest in between.

DAYS 2, 5 LOWER BODY & CORE

Perform the following eight exercises as a circuit. You won't be timing yourself, but try to rest as little as possible between each one.

1 SQUAT
Reps: 20

2 CRUNCH
Reps: 20

3 BULGARIAN SPLIT SQUAT
Reps: 10 (each leg)
Rest the top of one foot on a bench or other raised surface behind you (laces down) so you're balancing on the other leg. Squat down until your rear knee nearly touches the floor. Keep your torso upright.

4 LEG RAISE
Reps: 10

Keep rolling. Stretch your hip flexors after cycling.

ULTIMATE
NUTRITION®

BUILD YOUR SELF- XTREME



Available in great tasting
Blue Raspberry &
Pink Lemonade flavors!

Many pre-workout supplements are big on pumping you full of "energy," but when it comes to building ripped muscle, they'll just leave you deflated. That's where the new **Horse Power X** comes in. Among its blend of 11 premium workout enhancers, these 3 ingredients blaze a trail for improving strength and power:

TORABOLIC™ (500 mg*) increases strength 77% more than weight training alone over an 8-week period¹.

Creatine Monohydrate (3.5 g*) augments power and fat-free mass by accelerating ATP regeneration.

β-alanine (3.2 g*) boosts muscle carnosine to improve strength and maximize rep-to-failure thresholds.

For additional
MANPOWER, stack
with Bulgarian
Tribulus to
support elevated
testosterone
production and
anabolism.



*Per Professional Strength serving size (15.0 g)

¹Poole C, Bushey B, Foster G, Campbell B, Willoughby D, Kreider R, Taylor L, Wilborn C. The effects of a commercially available botanical supplement on strength, body composition, power output, and hormonal profiles in resistance-trained males. *J Int Soc Sports Nutr.* October 2010;7:34.

In this study, the 26 men who trained and took TORABOLIC experienced an 85-pound increase in leg press (1-rep max) compared to a 48-pound increase by the 23 men who trained and took placebo.

TORABOLIC™ is a trademark of Indus Biotech Private limited.

WARNING:

TAKING **HORSE POWER X** AND WORKING OUT MAY
RESULT IN BIGGER MUSCLES AND OCCASIONAL
INFERIORITY COMPLEXES AMONG YOUR PEERS.

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Do the math.

Horse Power X + Bulgarian Tribulus = MORE POWER TO YOU

5 JUMPING LUNGE

Reps: 10 (each leg)
Jump as high as possible out of a lunge. Switch legs in midair and repeat.

6 FLUTTER KICK

Reps: 20 (each leg)
Lie on your back with legs extended. Move your legs up and down as if you were swimming.

7 JUMP SQUAT

Reps: 10

8 2-MILE RUN

DAYS 3, 7 REST

DAY 6 CHALLENGE

Perform as many reps as you can for exercises 1-3, resting for 2 minutes between moves. Then complete the mile run or burpees. Record all your results.

1 SQUAT

2 PUSHUP

3 CRUNCH

4 2-MILE RUN OR BURPEES

If you choose burpees, perform as many as possible in 15 minutes.

PHASE III // Weeks 5, 6

DAY 1 FULL BODY

Perform the exercises in sequence, resting as needed in between.

1 MILE RUN

2 SQUAT

Reps: 50

3 PUSHUP

Reps: As many as possible

4 CRUNCH

Reps: 25

5 PULLUP

Reps: As many as possible

6 BURPEE

Reps: 50
Rest as needed until you complete 50 total reps.

7 MILE RUN

8 BULGARIAN SPLIT SQUAT

Reps: 10

9 DIAMOND PUSHUP

Reps: As many as possible

10 FLUTTER KICK

Reps: 20 (each leg)

11 PULLUP OR BURPEE

Reps: As many as possible of the pullup, or 50 burpees

DAY 2 ACTIVE REST

Go for a 20-minute swim or bike ride, or jump rope for 20 minutes. If you choose to jump rope, jump for 1 minute and then rest 30 seconds. Repeat for 20 total minutes.

DAY 3 FULL BODY

Perform exercises 1-4 without rest in between and then rest 1 minute afterward. Move on to exercises 5-8 back-to-back, rest another minute, and then complete the circuit.

1 SQUAT

Reps: 50

2 PUSHUP

Reps: As many as possible

3 CRUNCH

Reps: 25

4 PULLUP OR BURPEES

Reps: As many as possible

THE ONLY EQUIPMENT YOU NEED IS A LIGHT RESISTANCE BAND AND A JUMP ROPE—YOUR BACKYARD OR LOCAL PARK SHOULD PROVIDE THE REST



Jump it off. Ten minutes of jumping rope can burn as many calories as 30 minutes of jogging.

Shorts:
UNDER
ARMOUR
Shoes: PUMA

BUILD YOUR STACK FOR LESS

at Walmart 

- Super NOS Pump to support nutrient delivery*
- Test Pro-Complex with 45% Saponins from Tribulus
- Super Advanced Whey Protein to support lean muscle*

You need more than just quality whey protein to fuel your workouts. And now when you get your Body Fortress® Super Advanced Whey Protein at Walmart, you can get 30 servings of Body Fortress® Super NOS Pump and Test Pro-Complex at an exclusive low price.

Designed to turn your body into a fortress and priced to destroy the competition, Body Fortress® makes building a quality supplement stack affordable. Because after all, we know you pay a high price in the gym.

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YOUR BODY. YOUR FORTRESS.®

To learn more, visit
WWW.BODYFORTRESS.COM



Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

*Per two scoop serving provides 60g of premium protein.
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NEW!



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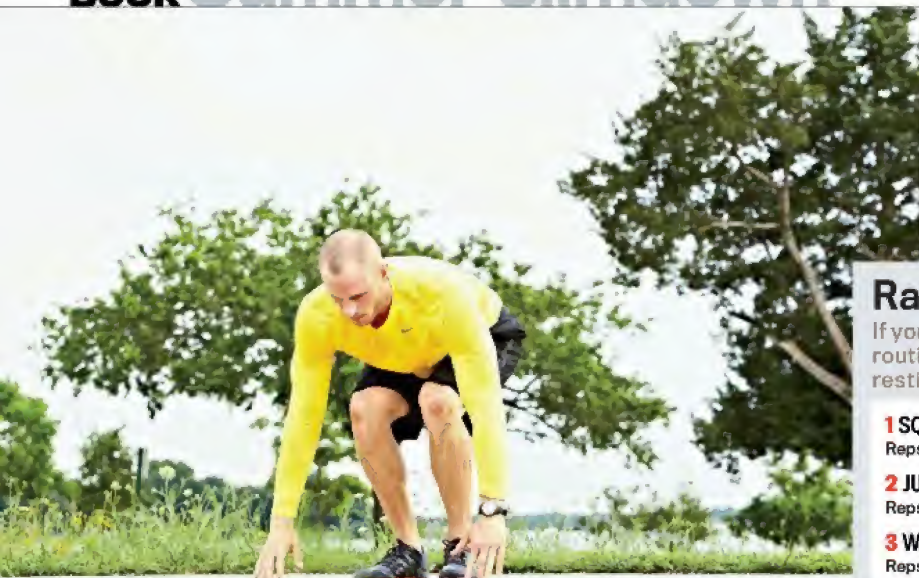
for a
30-day
supply



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for a
30-day
supply





Toughest exercise ever? Soldiers and martial artists often claim the burpee is the most effective endurance-building exercise of all.

Rainy day workout

If you can't get outside, perform the following routine. Complete the exercises in sequence, resting as needed in between.

1 SQUAT
Reps: 12

2 JUMP SQUAT
Reps: 12

3 WALKING LUNGE
Reps: 20

4 JUMP ROPE
Reps: 100 turns

5 ¼ PUSHUP
Reps: 10

6 PUSHUP
Reps: As many as possible

7 JUMP ROPE
Reps: 100 turns

8 PULLUP
Reps: As many as possible

9 BURPEE
Reps: As many as possible in 5 minutes

10 BAND CURL
Reps: 30

11 DIAMOND PUSHUP
Reps: 30

5 WALKING LUNGE
Reps: 10 (each leg)

6 FEET-ON-BENCH PUSHUP
Reps: As many as possible

7 LEG RAISE
Reps: 10

8 PULLUP OR BURPEE
Reps: As many pullups as possible, or 50 burpees

9 BULGARIAN SPLIT SQUAT
Reps: 10 (each leg)

10 DIAMOND PUSHUP
Reps: As many as possible

11 FLUTTER KICK
Reps: 20 (each rep)

12 PULLUP OR BURPEE
Reps: As many as possible, or 50 burpees

DAYS 4, 7 REST

DAY 5 CHALLENGE

Get as many reps as you can for exercises 1-4, resting 2 minutes after each. Then complete the mile run or burpees. Record all your results.

1 PUSHUP

2 SQUAT

3 PULLUP

4 CRUNCH

5 3-MILE RUN OR BURPEE

If you do burpees, get as many as you can in 20 minutes.

DAY 6 ACTIVE REST

Go for a 20-minute swim or jump rope for 20 minutes. If you choose to jump rope, jump for 1 minute and then rest 30 seconds. Repeat for 20 total minutes.

Shirt and shorts: NIKE
Shoes: PUMA

SIX STAR DELIVERS PREMIUM PROTEIN ON-THE-GO

NEW

Ready-To-Drink
SHAKES

20g

Of Premium Protein

24

Vitamins &
Minerals

\$5.98
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BARS

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Than the competition

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You can now enjoy two new delectable and convenient protein treats from Six Star®! Introducing new, ready-to-drink Protein Shakes and chewy & delicious Protein Bars! These dessert-like protein delights deliver 20g of premium protein and have 0g of trans-fat! Plus, they're available for a great price that won't empty your wallet! Look for new Six Star® Protein Bars and Shakes at Walmart today!



SixStarPro.com

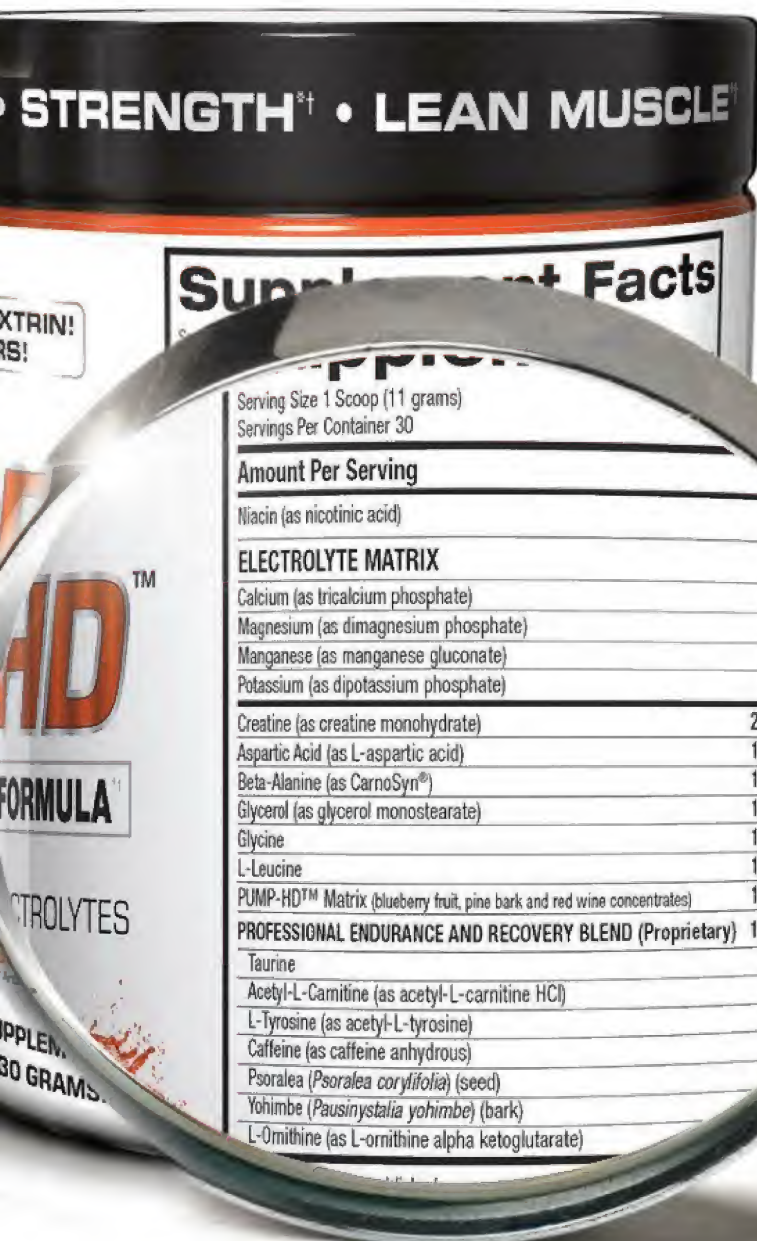
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Walmart

MUSCLE BUILDING

"HUGE PUMPS & MUSCLE GROWTH UNLEASHED"

- Gus R.¹



Serving Size 1 Scoop (11 grams)
Servings Per Container 30

Amount Per Serving

Niacin (as nicotinic acid)	30 mg	
ELECTROLYTE MATRIX		
Calcium (as tricalcium phosphate)	30 mg	
Magnesium (as dimagnesium phosphate)	12 mg	
Manganese (as manganese gluconate)	2 mg	100%
Potassium (as dipotassium phosphate)	99 mg	3%
Creatine (as creatine monohydrate)	2,000 mg	**
Aspartic Acid (as L-aspartic acid)	1,000 mg	**
Beta-Alanine (as CarnoSyn®)	1,000 mg	**
Glycerol (as glycerol monostearate)	1,000 mg	**
Glycine	1,000 mg	**
L-Leucine	1,000 mg	**
PUMP-HD™ Matrix (blueberry fruit, pine bark and red wine concentrates)	1,000 mg	**
PROFESSIONAL ENDURANCE AND RECOVERY BLEND (Proprietary)		
Taurine		
Acetyl-L-Carnitine (as acetyl-L-carnitine HCl)		
L-Tyrosine (as acetyl-L-tyrosine)		
Caffeine (as caffeine anhydrous)		
Psoralea (<i>Psoralea corylifolia</i>) (seed)		
Yohimbe (<i>Pausinystalia yohimbe</i>) (bark)		
L-Ornithine (as L-ornithine alpha ketoglutarate)		

Ever wonder why the guys that revolutionized the Concentrated Pre-Workout category, with 1MR™, have now decided to do the same for the Ol' School Muscle Building market? The TRUTH is that the promise of Nitric Oxide, that mythical pump in a bottle, fell short of everything it was hyped-up to be. It fell so short that everyone abandoned their outdated pre-workout pump formulas and joined the mania of super concentrated energy based pre-workouts. UNTIL NOW! PUMP-HD™ on the other hand is built to increase training intensity and capacity therefore triggering enhanced NO via flow-mediated dilation (endothelial function, vasodilation, etc.). It's no wonder they jumped ship considering that most of these "OLD" outdated formulas were flooded with sugars, fillers, and fluff. Every two years these supplement companies re-label the same outdated technology with the promise of it being the "next best thing". They were somehow hoping you would believe their "all new" versions would pick up where their other ones left off. Lucky you (LOL)!

**THE ULTIMATE
PRE-TRAINING
FORMULA[†]**

**ENERGY[†]
RECOVERY[†]
HYDRATION[†]**

AVAILABLE AT

GNC
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Lucky Vitamin™
The Vitamin's Boy of the Field for Nutrition and Wellness

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[†]When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

¹Photos and quotes are of members of Team BPI who received complimentary products in exchange for their testimonials.

**SOON TO BE
THE #1
PRE-WORKOUT
FORMULA
IN THE
COUNTRY.**

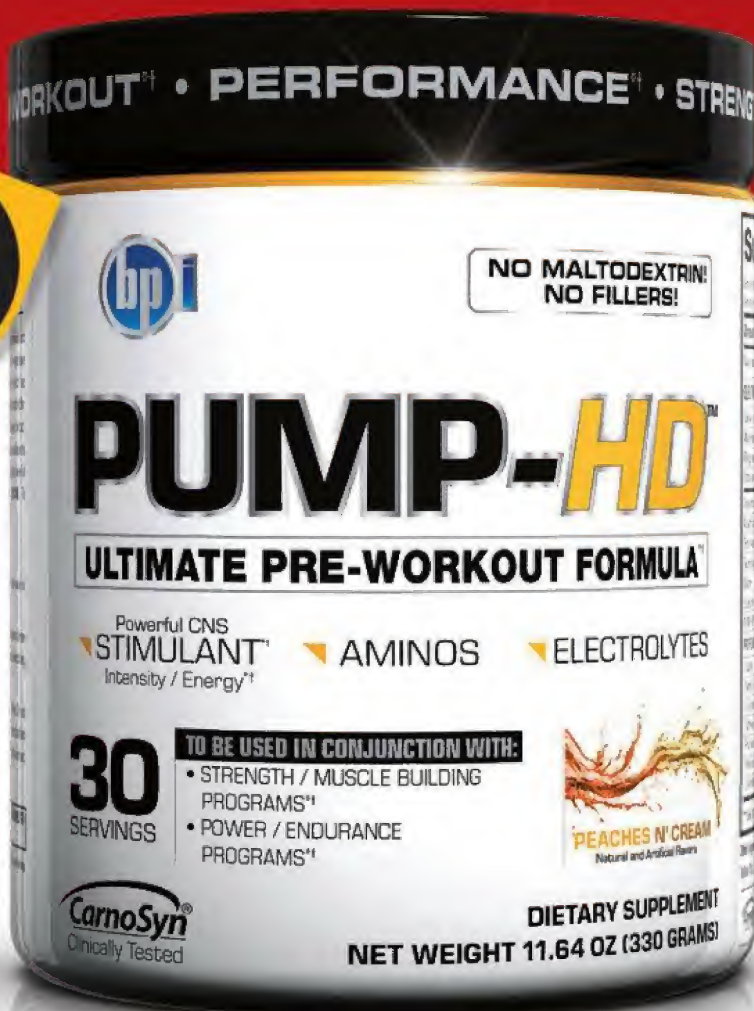
You Want The "Pump"?

Yeah, so do we. However, bottles of flavored maltodextrin won't exactly get you there. Lucky for you the Science and Research Team at BPI SPORTS have developed a True Muscle and Pump Instigating Pre-Workout formula that still has the Energy and Focus kick that you've become accustomed to. PUMP-HD™ is an absolute "Remarkable Innovation". It combines the best of modern science with an absolutely Unreal Taste, with flavor technologies perfected from the food industry.

Pump-HD™ is Not Another Concentrate

Look, we ain't knocking the trend that took over the Pre-Workout market. In fact, we helped to create it. So listen up when we say this... PUMP-HD™ is a completely different approach to Pre-Workout supplementation. Pick up a bottle, look at the label and see for yourself.

**NEW
FLAVOR
PEACHES
N' CREAM**



"This is my kind of product focused on Pump and Muscle Building... with just the right stim to power through a workout!"

- Marc E.¹



"This was like extreme focus! I could actually feel my muscles pushing against my skin as I worked out. Best feeling you could possibly get in the gym!"

- Ryan S.¹



"I want a pre-workout that does more than make my heart race. I go to the gym to make my muscles bigger... Pump-HD™ helps me reach that goal!"

- Alex U.¹

PUMP-HD™

BE POWERFUL



"THE ULTRA CONCENTRATED EXTRA STRENGTH BRAND"

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Are Pros "Cheating" with Undetectable HGH Boosters?

GF9

New "Growth Hormone" Pill Ignites Controversy in Professional Sports. Is It Time to Take a Stand?

Summary of study procedures and findings:

Methods:

This cross-over, placebo-controlled, double-blind study involved healthy subjects [males and females; mean age=32±14 years; body mass index=26.4±5.0 ranging from 19.1 to 36.8kg/m²] (Study ID Number: PBRC10043). Each subject reported to the Inpatient Unit on two occasions one week apart. After an overnight fast, subjects had an IV line placed and baseline blood samples were drawn at -30, -15, and 0 minutes. Subjects were then asked to swallow the capsules of Growth Factor-9 supplement or an identical-looking placebo. Blood was drawn at 15, 30, 60, 90 and 120 minutes for assay.

Results:

After 120 minutes, mean GH levels had increased 682% from baseline (0.17 to 1.33ng/ml) and were significantly higher than placebo (P=0.01). In addition, a significantly higher mean AUC was observed after taking the supplement [20.4 (95% CI: 19.9-21.0ng/ml) vs. 19.7 (95% CI: 18.7-20.6ng/ml); P=0.04].

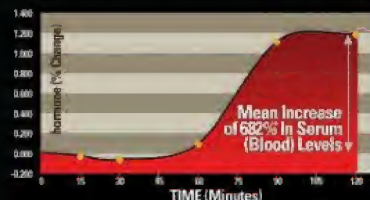
Everyone's talking about human growth hormone (hGH). It seems there's been more news about hGH in the past six months than there has been in the past ten years. In fact, it's been featured on *CNN*, *The Today Show*, *Fox News*, *The Dr. Oz Show*, and in *Shape* magazine and *Muscle & Fitness*. Part of it has to do with the increasing number of athletes injecting synthetic recombinant human growth hormone (rhGH) because they believe it helps increase lean muscle mass, repair muscle damage, and improve performance.

But the true "hGH frenzy" really got underway in September of 2012 when it was revealed that a "natural" compound was actually capable of increasing mean, serum (blood) growth hormone levels... **by 682%**. The research was presented at the prestigious Obesity Society's 30th Annual Scientific Meeting by some of the most renowned experts in the world, and it quickly became headline news because it means that finally, after 30 years of research, there's a way for people to increase their growth hormone levels... without injections. The compound that was the subject of the research presentation is now being sold under the trade name Growth Factor-9TM by well-known sports supplement company Novex Biotech®.

And now Growth Factor-9, or GF9 as most people are calling it, is bringing new controversy into the world of competitive athletics. Because of the edge they give users, rhGH injections have been banned by virtually every professional sporting body in the world, and even some college sports programs have begun testing for it, like the University of Miami, which recently tested every single one of its baseball players for rhGH use. But because GF9 offers athletes a way to increase their hGH levels naturally, they can boost their levels without fear of that increase triggering a positive result on anti-doping tests. So the new controversy is over whether or not using a "natural" substance like Growth Factor-9 to raise hGH levels vs. synthetic rhGH injections is still "cheating."

"To call Growth Factor-9 a 'cheat' pill is ridiculous," argues Gina Daines, spokesperson for Novex Biotech. "Think of it this way... Before Gatorade® became widely available, the electrolyte-rich drink was used to give Florida State athletes an advantage, especially on hot and humid days. Were they cheating? Or simply taking advantage of something the other team neglected to emphasize?"

Whether or not you agree with Ms. Daines about the ethics, it's clear that GF9 is being seen by many as a way to boost their hGH levels without the fear of being sanctioned for illegal rhGH use. In fact, a December 12, 2012 Congressional hearing regarding the NFL and hGH testing led to a discussion about this very thing. Dr. Larry Bowers, Chief Science Officer for the United States Anti-Doping Agency who testified at the hearing, explained that while "The body produces many forms of growth hormone in the pituitary gland," synthetic rhGH injections involve only one form, called 22kD. hGH tests work by flagging people who have abnormally high ratios of 22kD.



That's what makes Growth Factor-9 so different from banned synthetic rhGH injections. Rather than introducing a synthetic form of hGH into the body, Growth Factor-9 is a dietary supplement that raises human growth hormone levels by encouraging pituitary performance. This means there are no abnormally high levels of 22kD, because the increase in hGH comes from the body's natural source... the pituitary gland.

No matter which side of the GF9/professional athletics controversy you're on, one thing is certain: Growth Factor-9 is selling like hot cakes. GNC, The Vitamin Shoppe, and Lucky Vitamin, GF9's exclusive distributors, are having trouble keeping the growth hormone booster in stock. Still, some skeptics are saying it sounds too good to be true. So, is there a catch? Actually, there are three. First, as with hGH injections, Growth Factor-9 is not a "magic bullet" but one part of a total program — you still have to eat right and work out.

Second, unlike injections of synthetic growth hormone, the Growth Factor-9 pill needs to be taken on an empty stomach. That means you either have to take it first thing in the morning and then not eat anything for two hours, or take it at night, at least two hours after your last meal... before you go to bed.

And last but not least, while Growth Factor-9 is far less expensive than prescription hGH injections, it's still not cheap... Growth Factor-9 will cost you about \$100 a month.

But is it worth it? Anything that may cut fat, build muscle, increase energy, and improve sex drive would seem to be a no-brainer. However, make no mistake about it, the "established" medical community (and, of course, they know everything) would say its benefits are largely anecdotal, with research that's preliminary. But there's no denying that something that has a chance of helping you get in the best shape of your life — without getting caught — is... at the very least... irresistible.

It should be noted that Growth Factor-9 is the only 100% SeroVital-hgh sports supplement currently on the market. It is currently being sold exclusively at GNC, The Vitamin Shoppe, and Lucky Vitamin. If it's sold out in stores, try buying it directly from Novex Biotech at www.NovexBiotech.com or 1-800-530-3044. Use **promo code GFA17** at checkout and get **free shipping**.*

ORDER NOW!

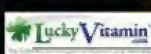
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See the study facts that prove a mean hGH increase of 682%.



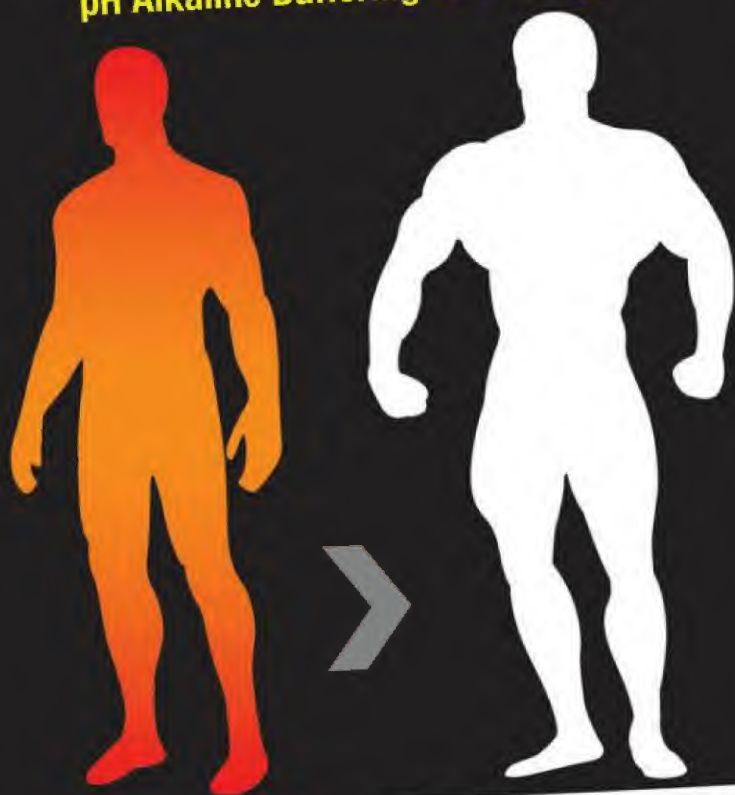
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NovexBiotech.

ARE YOUR BEST MUSCLE BUILDING SUPPLEMENTS WORKING?

THEY SAY THE DEFINITION OF INSANITY IS DOING THE SAME THING OVER AND OVER AND EXPECTING A DIFFERENT RESULT. IF YOUR OLD SUPPLEMENT REGIMEN ISN'T WORKING FOR YOU THEN MAYBE IT'S TIME TO TRY SOMETHING THAT WORKS. THE LATEST SCIENCE BEHIND pH BUFFERING MAY BE EXACTLY WHAT YOU'RE LOOKING FOR.

THE LATEST BREAKTHROUGH IN
MUSCLE BUILDING NUTRIENT UPTAKE
pH Alkaline Buffering Technology



OPTIMUM pH FOR HUMAN BLOOD IS 7.365



pH 3.0
Acidic

pH 7.365
Optimal

pH Buffered Alkaline Based Delivery System

Ever wonder how long you have to take a muscle building product before you can begin to see results? Why is it that almost everyone in the gym is taking the same outdated "must-have muscle building ingredient" with no real muscle growth? Are you still taking it because it works or because you're hoping that someday it might? This has the term "permanent plateau" stamped all over it. Well, if your cup is overflowing with yesterday's broken promises of new muscle, then maybe it's time you try a different approach – one that is scientifically sound.

Many experts say that a healthy pH is important, but still more even say that it is ESSENTIAL. What is pH? It is the potential of the Hydrogen ion, and it is widely recognized and understood that professional athletes often monitor their pH levels in an attempt to optimize their overall health, performance, and physiques. These professional athletes absolutely know that if their bodies are not balanced in such a way as to keep themselves in the "healthy range", that their bodies call upon stored electrolytes, in the form of salts (magnesium, calcium, potassium and sodium), to help neutralize acidity and the damage that can occur by consuming proteins, starches, and sugars. In other words, all the stuff that professional athletes and bodybuilders do on a daily basis but may or may not be fully aware of.

THINK AGAIN

“Many experts say that a healthy pH is important. Others say that it is ESSENTIAL.”

NOW....Imagine, if you will, a chambered, pre-programmed delivery system that may directly influence an already powerful nutritional ingredients' ability to help athletes, and bodybuilders alike, enhance performance and build muscle. A buffering system that might even take a standard clinically researched and trialed staple ingredient to a whole new elite status! These staple nutritional ingredients, when optimally buffered (the neutralization of acids that occur when the body consumes foods outside of the ideal pH range and / or engages in stressful activities), may then show to be capable of helping to transform mountains of clay into bodies of chiseled stone.

In other words, what if something, so seemingly simple, could be added to an otherwise basic, yet fundamentally sound, equation? What if that something could take you from point "a" to point "z" – faster, stronger, and better than what came before it? What if you could be your own rebuilt, restructured, remodeled version of the 6 million dollar man? Take Creatine, Leucine, Glutamine, and Beta-Alanine, for example – what if we could make them better and more efficient? What if that something lead you to be being able to perform better? What if that something lead you to being able to look better? What if? That's what pH Buffered Alkaline Technology is all about. What will it do for you? Find out for yourself!

CHECK OUT SIDE-BAR FOR THE FIRST BREAKTHROUGH PRODUCTS TO TAKE ADVANTAGE OF THIS SIMPLE YET REVOLUTIONARY TECHNOLOGY: >>>>

BPI Sports IS THE FIRST TO INCORPORATE THIS **NEWEST BREAKTHROUGH** IN THEIR NEW **CLINICAL POWER SERIES™** LINE. LOOK FOR:



L-Leucine and Agmatine: L-Leucine is an essential amino acid that the body cannot synthesize on its own. Research shows that L-Leucine can help stimulate muscle protein synthesis and preserve muscle tissue. This must-have CPS muscle building supplement also contains Agmatine, which is a novel analog of L-Arginine. Agmatine, in the preferred Agmatine Sulfate form, has shown greater potential than L-Arginine for nitric oxide synthase, in early stage work. Additionally, Agmatine has been suggested in the scientific literature to have other properties that could have direct benefits to athletes and bodybuilders, too. For enhanced nutrient uptake, the patent-pending pH Balanced Alkaline Buffering System pH-Sorb™ has been added, which is designed to directly influence the acidity level during metabolism, for optimal uptake and utilization.*

Creatine Monohydrate and Creatine HCl: Creatine Monohydrate is the most heavily researched and trusted form of creatine. It's known that once creatine monohydrate hits the stomach it can become unstable and can break down into creatinine, a potentially dangerous byproduct. It's believed that this unwanted breakdown is accelerated through lower pH levels. pH-Sorb™ is designed to work by helping balance pH levels at closer to neutral alkalinity, which can in turn stop the unwanted conversion to creatinine, and enhance overall creatine absorption.*



L-Glutamine and the novel form Trans-Alanyl-Glutamine. Studies show that Glutamine plays a role in protein synthesis, and at the same time promotes an anabolic state by down-regulating catabolic activity. In fact, researchers are now suggesting that Glutamine might be the most important of all amino acids – as it provides a component in muscle metabolism and cellular support not shared by any other single amino acid.*

Beta-Alanine (as the gold-standard CamoSyn®) and Glycerol Monostearate in a precise weight-to-weight ratio, for optimal activity: CamoSyn® is shown in studies to deliver a bio-friendly form of Beta-Alanine for supporting synthesis of muscle carnosine, which acts as a buffer, delaying muscle fatigue and failure. Glycerol Monostearate enhances muscle volumization, among other potential benefits, and pairs perfectly with CamoSyn®. For optimal nutrient uptake, the patent-pending pH Balanced Alkaline Buffering System pH-Sorb™ has been added, which is designed to directly influence the acidity levels of the stomach for optimal digestion.* For maximum benefit from Beta-Alanine, supplement with additional CamoSyn® to the clinical dose level of 3.2g daily.*



**CLINICAL
POWERSERIES**

AVAILABLE AT

GNC
LIVE WELL.

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*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

†When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

The 7-day shrink- wrap

Start the clock. You can get that tight, hard, dry look models achieve for photo shoots in one week flat. By Nate Miyaki, C.S.S.N.

Admire those ridiculously ripped guys from *The Expendables*? Here's a secret that'll come as both a relief and a letdown: Physiques like those of Stallone and crew have the life expectancy of a mayfly—a day or two after the shoot.

We're not saying it's CGI or Photoshop that's responsible for creating these onscreen bodies. Rather, it's a secret, weeklong get-shredded strategy that separates people who make their living with their bodies from guys like us who just want to eat popcorn and watch them dodge bullets. The movie stars, the underwear models, the pro bodybuilders—they don't look like that all the time. They can't. But when it's go time, they're ready with Hollywood's biggest get-shredded secret.

Thing is, there's no reason you shouldn't be in on the secret, too. Whether you're planning to hit the beach, go to a pool party, or audition for *Magic Mike II*, there's a method you can follow to get as lean and hard as possible, so your muscles look like they've been shrink-wrapped by your skin. Follow these seven steps to get "the body" for your big moment.



Boxers and
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page 166.

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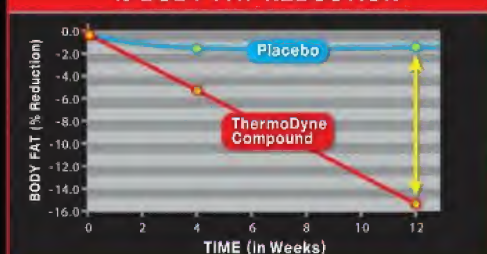
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Ever since the FDA banned ephedra from the market, people have been looking for something that could give them the same incredible weight-loss and energy benefits, but without the health risks. Well now it seems that "something" is finally here. It's a body-shredding fat burner designed to help optimize the three phases of fat burning — lipid release, transport and metabolism — to increase your calorie and fat burn so you get ripped at an unbelievable rate.

It's called ThermoDyne[™], an extremely powerful High-Yield Stimulant Complex that helps promote thermogenic fat oxidation, burn calories, and increase metabolism.

Where's the proof? ThermoDyne's novel, high-potency, anthocyanin- and flavanone-rich complex was tested in a 12-week, double-blind, randomized, placebo-controlled human clinical trial involving 20 overweight volunteers (mean BMI 28.3). The subjects were randomly divided into two groups: an experimental group that received the fat-burning complex in ThermoDyne and a placebo group that received identical-looking capsules of maltodextrin (sugar pills). Subjects were instructed to take one serving in the morning and one with their main meal for a total of two servings per day. During the trial, the subjects were specifically told not to "diet" and maintained their previous eating habits (1500-2000 kcal/day) and daily physical exercise.

% BODY FAT REDUCTION



Study Results: In addition to a truly significant loss of body weight, the study showed that the majority of the weight loss came from fat mass. Not simply body weight, but actual fat mass. The experimental group showed a mean reduction of 15.6% body fat, which was a significant improvement over baseline and over the placebo group.

One thing is for sure, this super-powerful fat burner is not for everyone. If you have high blood pressure, diabetes, suffer from any type of psychosis, take MAO inhibitors, or if you are not in overall good health, this new high-potency formulation is definitely not for you. But if you're healthy enough — and man enough — for one of the most powerful fat burners on the market, you need ThermoDyne.

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1

START LEAN

Here's the tough-love truth: If you can't see your abs pretty well already, you need to diet to get your body fat down first. (Try the plan we outline on [page 150](#).) The shrink-wrap plan is primarily for losing subcutaneous water weight that's obscuring definition, so if your belly hangs over your waistband, it's going to take more than a week to get rid of it.


2

DO THE MATH

You should already be following a diet to get lean, and should therefore be aware of how much you're eating. But to remove any guesswork, we'll give you some numbers to hit for the week:

Consume one gram of protein and 10–11 calories for every pound of your body weight; 20% of those daily calories should be from fat, and the remainder from carbs. (Remember to first subtract the protein calories you're also eating from the total allowed before you calculate the number of carbs.) For example, a 200-pound guy following this program would consume 200 grams of protein per day, and eat 2,000–2,200 calories—that's approximately 420 calories (about 50 grams) from fat, and 880 calories (220 grams) from carbs.

Your protein and fat intake will stay relatively constant, but your carbs can be raised or lowered as needed (see Step 5). So, if you're taking your shirt off on Saturday, begin following this protocol the Saturday prior.

 Green, leafy vegetables like spinach are a must on any get-lean diet. Their fiber and water content contribute to fullness without adding many calories, and they have no effect on blood sugar, so they won't impact fat burning. If you can't eat enough on their own, blend them up with your protein powder to make a shake. (You won't taste the spinach.)

FUEL YOUR MUSCLES. REWARD YOUR TASTE BUDS.



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NPC BODYBUILDING COMPETITOR
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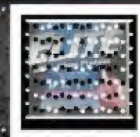
All aspects of a protein supplement should work as hard as you do. Including the taste. Dymatize Elite has been reformulated to create the best-tasting protein on the market.

Enjoy great flavors, like Rich Chocolate and Gourmet Vanilla, each with 25 grams of 100% pure whey protein per serving. Now when you finish your workout, your protein isn't just a necessity, it's a reward as well. Look for new flavors like Cookies & Cream and Cinnamon Bun.



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■ Sweet potatoes offer a more sustained release of glucose than the white variety, making them a good option for energy that lasts all day. For the sake of digestion, most of your carbs on this diet should come from sweet potatoes, potatoes, and rice, as opposed to grains. Fruit (beyond a few pieces) has the potential to be stored as body fat, so limit that as well.

3

ELIMINATE POTENTIAL ALLERGENS

It's possible you've lost significant fat already with foods like milk, wheat bread, and artificial sweeteners in your diet, but for the next week, cut these out entirely—even if you don't think you have an intolerance to them. Even the slightest irritation to your digestive system can cause bloating and water retention, so eliminate the risk completely. Dairy and gluten appear in numerous condiments (soy sauce, salad dressings, some brands of barbecue sauce, etc.), so to avoid a potential problem, read labels and control your intake as much as possible.

Season your food with condiments such as sea salt, salsa, and balsamic vinegar instead.

4

PRIME YOUR MUSCLES

Don't work out later than three days before your event. If your party's on Saturday, for example, do your last workout of the week on Wednesday—muscles bulge most when they're flush with glycogen (the carbohydrates stored in muscle), so you need to give your body time to recover and replenish its glycogen stores before your unveiling. If you train too close to the big day, the carbs stored in your muscles will be depleted, and you'll end up looking flat and soft. Furthermore, make sure this last workout focuses on the areas you want to highlight, such as chest and arms. Glycogen is replenished fastest in muscles that need it most—i.e., the ones that have just been worked—so if you want your pecs and biceps to pop, you have to make sure they soak up as many of the carbs you're taking in as possible (explained in the next step).

There's one caveat, though: Don't train your abs. (You're welcome.) While you need to work abs most weeks, the point of workouts at this stage is to get the muscles that pump up well to swell further with increased glycogen storage. Since abs don't get pumped like biceps or shoulders, it doesn't make sense to drive glycogen into them—in fact, doing so can cause them to inflate too much, blurring definition.

Also, don't do any cardio. (Again, you're welcome.) Because you want to maximize glycogen, interval training—which uses stored carbs for fuel—would be counterproductive. You can do some light walking or other aerobic training if it helps you keep your sanity, but nothing that could deplete your energy. Keep it to under an hour and perform it at a very low intensity.

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5

LOAD UP ON CARBS

After your last training session (Wednesday, in this example, two full days before Saturday's event), eat two to three grams of carbs per pound of body weight for the rest of the day. If you train at night and it's hard to eat enough carbs before bed, you can split up the total and eat the rest of the carbs on Thursday night. Insulin sensitivity remains high for 48 hours post-workout, so glycogen will still go to your muscles. Otherwise, on Thursday, go back on the diet prescribed in Step 2. Once your muscle glycogen stores are full, they'll remain this way for days, as long as no other strength training is performed (because muscle glycogen is burned only during high-intensity exercise).

Carbing up on Wednesday also gives you time to make adjustments. If you feel you look flat and small on Thursday or Friday, increase your carbs a bit. Bloating and soft? Cut them back a bit. Make adjustments by 25-50 grams at a time.

6

KEEP DRINKING WATER

In an effort to look even dryer on game day, some guys will drastically cut their water intake. This only causes the body to react the opposite way, causing you to retain more water to avoid dehydration. Drink your normal amount of water up until the night before the target day, at which point you should cut it back. The day of your event, halve your water intake until you're ready to party. This will help you appear a little tighter without giving the body time to react negatively to water restriction.

■ Fruit like bananas should be consumed mainly after waking up or post-workout. They immediately stop the catabolic (muscle-breakdown) effects of your weight training and help restore glycogen quickly. However, the liver stores excess fructose as fat, especially when there are already starches in your system, so don't rely on fruit as a major carb source.

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7

KEEP EATING SALT

It's widely known that salt causes water retention—but if you cut it completely, your body will scramble to prevent water loss. (Sorry, but it's smarter than you are.) Continue to salt your food as you usually do until 24 hours before you go shirtless. At that point, avoid any extra sodium (that is, beyond what's already in your food).

When you're ready to live it up, don't feel guilty having a drink—at least, not the first one. Alcohol at this stage will actually help your cause—giving you a tighter look—as it has a slight diuretic effect.

Don't hesitate to salt your food. Despite the current crackdown on sodium in the media, salt—when used lightly as a condiment—is an essential nutrient that helps to balance electrolyte levels. As an athlete (yes, recreational lifting counts), you have sodium needs that are considerably higher than the 2,300-milligram limit the government recommends. Without adequate sodium, you can expect to experience cramping and an inability to rehydrate after workouts.

The Plan

Here's how to reach your peak for a Saturday party

SATURDAY (ONE WEEK OUT)

Figure out your calorie, protein, carb, and fat allowance (page 144) and start eating accordingly. Eliminate all potential allergens, e.g., dairy, soy, and gluten.

WEDNESDAY (THREE DAYS OUT)

Complete your last workout of the week, focusing on the body parts you want to look their best on Saturday, such as arms and chest. Don't train abs. After your workout, increase your carb intake so you're consuming 2–3 grams of carbs per pound of body weight by the end of the day.

THURSDAY (TWO DAYS OUT)

Adjust carbs if necessary, depending on how you look. Be conservative.

FRIDAY (ONE DAY OUT)

Adjust carbs if necessary. Stop salting your food 24 hours before the time you plan to lose your shirt. Limit your water at night.

SATURDAY

Avoid salt and drink half your normal water intake up until the party.

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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

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Beta-Alanine (as the gold-standard CarnoSyn®) and Glycerol Monostearate in a precise weight-to-weight ratio, for optimal activity: CarnoSyn® is shown in studies to deliver a bio-friendly form of Beta-Alanine for supporting synthesis of muscle carnosine, which acts as a buffer, delaying muscle fatigue and failure. Glycerol Monostearate enhances muscle volumization, among other potential benefits, and pairs perfectly with CarnoSyn®. For optimal nutrient uptake, the patent-pending pH Balanced Alkaline Buffering System pH-Sorb™ has been added, which is designed to directly influence the acidity levels of the stomach for optimal digestion.*† For maximum benefit from Beta-Alanine, supplement with additional CarnoSyn® to the clinical dose level of 3.2g daily.

L-Glutamine and the novel form Trans-Alanyl-Glutamine. Studies show that Glutamine plays a role in protein synthesis, and at the same time promotes an anabolic state by down-regulating catabolic activity. In fact, researchers are now suggesting that Glutamine might be the most important of all amino acids – as it provides a component in muscle metabolism and cellular support not shared by any other single amino acid.*†

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Want it? See page 166.



PEAK PERFORMANCE

This fall, *Men's Fitness* readers will compete for the title of Ultimate Athlete. Do you have what it takes?

By Sean Hyson, C.S.C.S.

Every year, *Men's Fitness* invites men 18 and over to compete in our Ultimate Athlete contest at the Mr. Olympia Weekend in Las Vegas. Competitors vie for prizes by competing in four separate events that are designed to test athletic abilities. These include basketball shooting, baseball pitching, a mock NFL combine, and—as of this year—the Extreme Fit Challenge. A timed obstacle course akin to what you'd find in a military boot camp, the Challenge tests speed, conditioning, and mental toughness.

Since this event is probably the one least familiar to you, we asked its designer, Julie Johnston, for her take on how to beat it.

"Most guys who are in decent shape can do these exercises," Johnston says. "But put them back-to-back and you'd be amazed by the lactic acid buildup." A good time is under two minutes, she says, but that'll have you looking like you've just been through a full boot camp class.

Here, Johnston's tips for how to ace the Challenge.

For our Ultimate Athlete training guide: mensfitness.com/ultimateathlete

Extreme Fit Challenge

Meet the obstacles you're up against

12-FOOT ROPE WALL

TASK: Use the rope to walk up the wall with your feet.

JULIE'S TIP: "This zaps your forearm strength," and the next two obstacles are designed to exhaust it further. To prepare yourself for this much gripping and pulling, "Find your local playground and hang off stuff."

RHINO HOIST

TASK: Lift a 90-pound tire 16 feet in the air then lower it—twice—using a rope and pulley.

JULIE'S TIP: If you want to train for this at home but don't have a pulley, attach a rope to a tire and set it at a distance. Then lie on your back and practice pulling it toward you as it drags along the ground.

VERTICAL MONKEY BARS

TASK: Walk your hands across these bars, which, unlike conventional monkey bars, hang like stalactites in a cave, and are just as hard to grip.

JULIE'S TIP: Practice hanging from a fireman's pole or other smooth bar for a time, "preferably after a tough upper-body workout."

CARGO CLIMB

TASK: Grip the cargo netting with your hands and feet and climb over it.

JULIE'S TIP: Hook your elbow around the rope from time to time to rest your grip.

EIGHT-FOOT WALL

TASK: Jump to reach the top of the wall, catch the lip, and pull yourself up, onto, and over it.

JULIE'S TIP: Work on your vertical jump (check out page 47). "The higher you can jump, the easier it is to get over."

LOG CARRY

TASK: Holding a 50-75-pound log behind your neck, walk forward and over various plyo boxes to the next obstacle.

JULIE'S TIP: Fill a PVC pipe with concrete to get used to carrying an awkward object.

SPIDER WALL WALK

TASK: Without touching the ground, walk between two walls that stand parallel and three feet apart; use your hands and feet to traverse it.

JULIE'S TIP: "There's really no way to train for this one. You just have to do it!"



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B4™ is a performance driven single-serving capsule that can be taken PRE-TRAINING, or during the day, as the single most dominant CNS Stimulant/Fat Burning Agent. It's a combination of mind mesmerizing focus,

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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients. †Photos and quotes are of members of Team BPI who received complimentary products in exchange for their testimonials.

WEIGHT LOSS BREAKTHROUGH[†]

“I am a supplement junkie and B4™ is the most effective product I've ever used to lean out. I've never experienced anything like this with any other weight loss product.”

- Duane B.[†]



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***Dendrobium nobile* (stem)** – Early stage analytical characterization indicates that this plant, which plays a prominent role in TCM (Traditional Chinese Medicine), contains a class of naturally occurring alkaloids shown in research literature to have psychostimulant properties, and that this plant can be concentrated (for maximum bioactivity) through advanced extraction technology. More specifically, emerging data suggests that a principal class of alkaloids found within *Dendrobium nobile* (stem), when concentrated, may help to produce enhanced wakefulness and focus, coupled with decreased fatigue and appetite suppression.^{††}

***Psoralea corylifolia* (seed)** – This remarkable plant is a rich source of a class of compounds which, when concentrated through advanced extraction technology, act to selectively and potentially increase dopaminergic neurotransmission by acting as a reuptake inhibitor. In simple terms, this means that the psychostimulant factors in the brain can be greatly magnified, and focus and energy can be enhanced to untold levels. Energy and ultra-dialed-in focus are, after all, what pre-workout formulas should be all about. There's more to advanced plant extract, too—research shows that this same class of compounds can strongly influence bone density/mineralization, which serves multiple purposes, including not just improved mental acuity and focus, but also enhanced anabolism.^{††}



“One dose of this gives me unbelievable energy before my workout and peels the fat off my abs unlike anything I have ever used.”

- Anderson D.1

***Canavalia gladiata* (seed)** – Studies show that the concentrated research-grade extract derived from this bioactive plant can significantly increase CNS (central nervous system) stimulatory activity. Researchers point to the ability of this extract to increase dopamine levels, as well as favorably augment levels of norepinephrine, epinephrine, and serotonin, as the principal reason(s) for increased CNS stimulatory activity. Moreover, the research indicates that concentrated research-grade *Canavalia gladiata* (seed) extract can help to enhance levels of reduced glutathione at the same time that it decreases levels of MDA (malondialdehyde).^{††}

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FARMERS' MARKET

(continued from page 41)



LYCHEE

WHAT IT LOOKS LIKE: A small, red, spiny, oval-shaped fruit.
WHY IT'S GOOD FOR YOU: This weird-looking fruit may reduce your risk of stroke and heart attack and prevent blood clots, and has been shown to ward off cardiovascular disease, skin aging, and the weakening of your immune system. Studies have also shown that the flavonoids in lychee pulp may prevent the growth of cancerous cells. Lychee delivers higher levels of beta-carotene than carrots; and the calcium, phosphorus, and magnesium it contains help keep bones healthy and strong.

WHEN TO LOOK FOR IT:
July–August



SWISS CHARD

WHAT IT LOOKS LIKE: A tall, leafy vegetable with a thick stalk.
WHY IT'S GOOD FOR YOU: Swiss chard is loaded with antioxidant carotenoids and phytonutrients like lutein and zeaxanthin, which protect your vision as you age. Swiss chard also contains a significant amount of the flavonoid syringic acid, which helps keep blood sugar stable. Due to high levels of calcium, magnesium, and vitamin K, it's also good for bone health, and is host to a bunch of other antioxidant chemicals, including vitamins C and E, beta-carotene, manganese, and zinc.

WHEN TO LOOK FOR IT:
June–August



GROUND CHERRY

WHAT IT LOOKS LIKE: Marble-size, husk-enclosed yellow fruit.
WHY IT'S GOOD FOR YOU: Related to the tomatillo, these cherries are full of niacin, a B vitamin that helps the body turn carbs into energy, improve circulation, and produce sex hormones. They're also high in pectin, which has been shown to help the body maintain healthy levels of cholesterol and stabilize blood sugar. Just be sure to pick up only the ripest, yellowest fruits in the bunch, and remove the husk before eating, as both the husk and the unripe fruit within can be toxic.

WHEN TO LOOK FOR IT:
June–September



ESCAROLE

WHAT IT LOOKS LIKE: A heart of romaine lettuce, but with broad, flat leaves.
WHY IT'S GOOD FOR YOU: The high level of beta-carotene in escarole can reduce the risk of eye degeneration, heart disease, and certain cancers. Escarole is also loaded with vitamin K, making it ideal for supporting bone growth and strength, especially if you get a lot of exercise. Escarole greens are very high in potassium—a critical mineral for maintaining healthy blood pressure, and their significant folate content assists with the production as well as the protection of new red blood cells.

WHEN TO LOOK FOR IT:
September–April



JICAMA

WHAT IT LOOKS LIKE: A small potato.
WHY IT'S GOOD FOR YOU: The vitamin C in jicama can help keep your skin clear and eyes sharp. It's also mostly water, which aids hydration—another important factor in maintaining healthy skin. Jicama contains beneficial antioxidants that can help fight off cancers, and its unusually high fiber content supports stable blood sugar, lowers levels of "bad" cholesterol, and helps regulate digestion. Jicama also contains vitamin E, as well as the minerals iron, copper, and magnesium—all minerals that are crucial to your health.

WHEN TO LOOK FOR IT:
September–June



PURPLE SPROUTING BROCCOLI

WHAT IT LOOKS LIKE: Purple broccoli sprouts.
WHY IT'S GOOD FOR YOU: Broccoli is a well-known cancer fighter, thought to help reduce the risk of breast, uterine, prostate, lung, liver, kidney, and colon cancers. But what's most surprising is that broccoli sprouts have been shown to have even more cancer-fighting power—up to 50 times that of the full-sized plant—due to much higher concentrations of the phytonutrients that give broccoli its healthy properties, particularly the extremely powerful antioxidant sulforaphane.

WHEN TO LOOK FOR IT:
April–July

Clockwise from top left: Getty (B), iStock; Opposite page: RayArt Graphics/Alamy

THE BEST FARMERS' MARKETS IN THE COUNTRY

Celebrity chefs, sweet cider, and a "veggie valet"

Union Square Greenmarket New York, NY

The Union Square Greenmarket offers the finest in locally grown produce, baked goods, fish, and specialty items. Over the years, this festive urban market, situated in one of the busiest locations in New York City, has grown to attract people from all over the city and the surrounding area, including high-profile chefs like Blue Hill's Dan Barber. You'll enjoy hopping from vendor to vendor and chatting with market shoppers during the live cooking demonstrations and garden tutorials. Whatever you do, don't forget to try the sweet cider and freshly made maple syrup.

Portland Farmers Market Portland, OR

With lively music and 250-plus vendors at six locations around Portland's urban core, this farmers' market is more of an event than a walk-through. A community tradition since 1992, it offers everything from fresh produce to handmade chocolate. Be sure to pick up a vendor map on your way in so you don't get lost, and don't forget to check out the chef stations and tasting tables.

Downtown Farmers' Market Des Moines, IA

Located in the heart of the Court Avenue District, the



massive farmers' market—which offers the urban and rural communities a rich array of baked goods, dairy products, cheeses, wines, and organic selections—supports 300 of its local farmers, vendors, and artists. Cyclists can take advantage of a free valet service, and there are live concerts and events to keep the kids busy.

Green City Market Chicago, IL

Culinary pioneer Alice Waters credited this farmers' market as "the best sustainable market in the country." Stationed in Lincoln Park, Green City lets you enjoy the best of the vibrant Chicago scene while choosing from top organic foods and local produce. But the most popular attractions are usually the cooking demonstrations by chefs from some of Chicago's best eateries, like Uncommon Ground, Aria, Carnivale, and Socca.

Ferry Plaza Farmers Market San Francisco, CA

Acclaimed for its wide variety of farm-fresh foods and artisanal products, the Ferry Plaza Farmers Market is held in the heart of San Francisco's transit hub (in front of the Ferry Building and overlooking the bay). Famous chefs are known to frequent the event, especially on Saturdays; and cooking lessons and panel discussions are offered on-site. There are many local shops and delicious eateries close by, too, so feel free to leave your purchases with the "veggie valet," who'll guard your items for free.

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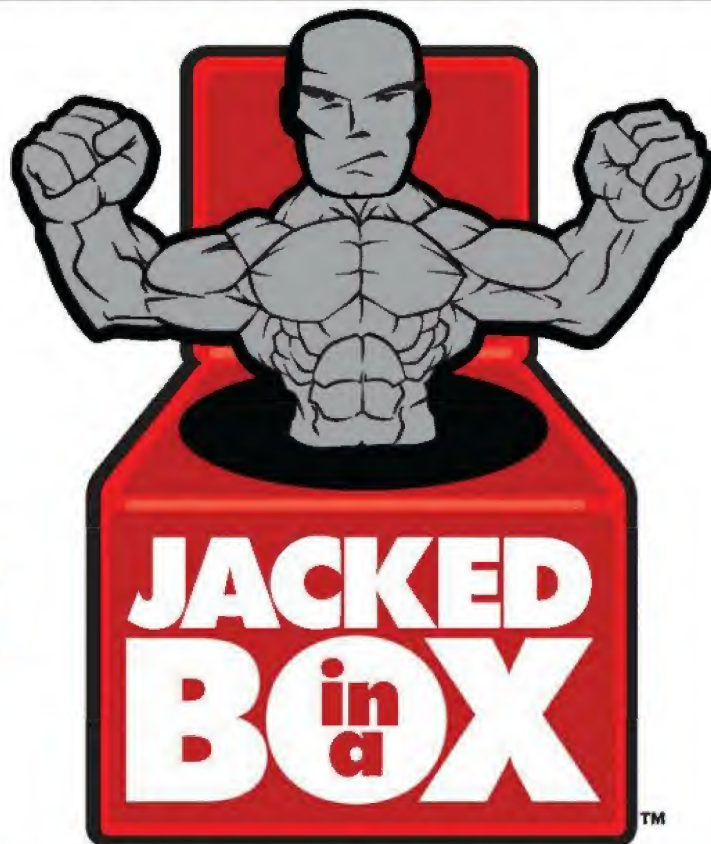
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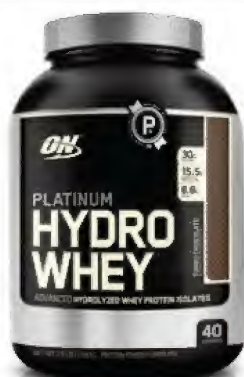
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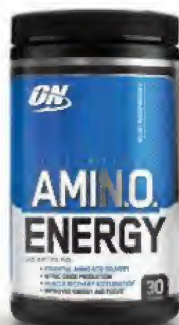
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MEASURE UP

(continued from page 36)

CATEGORY LOWER-BODY STRENGTH

TEST: MAX SQUAT
BENCHMARK:
1.5 LBS x BODY WEIGHT

Ask any football coach, and he'll tell you that he'd rather have a player with a big squat than a big bench press. That's because a strong lower body is the foundation for fast running, hard hitting, and general explosiveness. There's no more functional exercise than the squat, and nothing builds legs that are thick, strong, and explosive more quickly. A 180-pound man should be able to handle 270 pounds for at least one perfect rep.

HIT THE MARK:

If your squat is lacking, we have to assume the main reason is that you don't perform it correctly. Refer to the following cues provided by *MF* training adviser CJ Murphy, a competitive powerlifter and owner of Total Performance Sports in Everett, MA (totalperformance.sports.com). "Drive your traps into the bar hard as you begin your descent," Murphy says, "and think about spreading your collarbones apart." This will keep your upper back tight and arched, giving you the stability to handle heavy weights. Take a deep breath and hold it throughout the lift. As you descend, sit back like you would to lower yourself into a chair, spreading your knees apart. When you've gone as low as you can—preferably below where your thighs are parallel with the floor while keeping your lower back flat—come back up, again trying to push your knees apart and chest out.

"Stick with lower reps to build strength," Murphy says. Perform sets of five, resting as needed between sets, for an entire month and then increase the weight for sets of three the following month.



CATEGORY BODY-FAT PERCENTAGE

TEST: ASK A TRAINER AT YOUR GYM FOR A CALIPERS TEST
(In the meantime, for an estimate, see "How Fat Are You?" below)
BENCHMARK: 10%

"To have visible abs, guys need to have close to 10% body fat," says Mike Roussell, Ph.D., head of nutritional services at Peak Performance gym in New York City.

HIT THE MARK:

There's no way around it—you need to diet. Calculate how many calories you need to eat daily by multiplying your body weight by 10–12. (You can adjust the exact number as your diet progresses.) Roussell recommends aiming to get 25% of your calories from carbs, 35% from protein (this is about one gram per pound

THE LONGER YOU CAN HOLD A PLANK, THE LESS APT YOU ARE TO HAVE BACK PAIN

of your body weight), and 40% from fat. Let your carbs come from sweet potatoes, potatoes, rice, fruits, and vegetables, and get your proteins from lean meats, eggs, fish, and protein supplements, if necessary. Your fats should be taken care of mainly by your protein foods, but you can also have nuts, seeds, avocados, and small amounts of oils.

As for your training, plan to lift weights three to four days per week and perform interval training and/or fast-paced walking another two to three days per week. See mensfitness.com for some suggestions.

CATEGORY CORE STRENGTH ENDURANCE

TEST: PLANK
BENCHMARK: 3 MINUTES

Holding your body perfectly straight in a plank position requires an integrated effort from every muscle in your core. The longer you can hold it, the less apt you are to have the back pain associated with weak abs, and the stronger and more stable you'll be on all your heavy lifts.

HIT THE MARK:

Practice planking. Get into pushup position and then rest your forearms on the floor. Your entire body should be straight, from your heels to your head. Abs are braced. "Work on holding the plank in 30-second intervals every day," says Keith Scott, a strength coach and physical therapist in Medford, N.J. Do three sets, but work to increase the length of the third set by 15 seconds or so daily. Continue until you reach three minutes, which is doable for most guys in about two weeks.

CATEGORY AEROBIC ENDURANCE

TEST: MILE RUN
BENCHMARK: 7 MINUTES

You don't have to train for a marathon to be aerobically fit, but you should be able to work for seven solid minutes without gassing. If you've spent more time in the weight room and less on the treadmill, your heart may not work as efficiently as it ought to.

HIT THE MARK:

Apart from simply practicing, you can do 400-meter sprints. "Once per week, run three 400s," says Alvino. This is one lap around a standard running track, or a quarter mile. Training to perform one leg of a mile run as fast as possible will increase your efficiency in performing the entire distance.

How fat are you?

Use this table from nutritionist Mike Roussell, Ph.D., to estimate your current body-fat percentage.

Body Fat %	You
4%–6%	Ripped to shreds
8%–10%	Very lean, with a clear six-pack
12%–14%	Soft, maybe a "two-pack"
Over 15%	No abs, no definition, no more buffets



CATEGORY UPPER-BODY STRENGTH

TEST: MAX BENCH PRESS
BENCHMARK:
1.35 LBS X BODY WEIGHT

We know we don't have to sell you on the bragging rights that come with a big bench press, but it has always been a well-respected measure of brute strength. A 180-pound man should be able to put up

more than 240 pounds for one rep.

HIT THE MARK:

First, make sure your technique is correct. Most guys press with their backs flat on the bench and their elbows flared out 90 degrees. Instead, arch your back hard. Squeeze the bar tightly and lower it to below the bottom of your chest with elbows tucked about 45 degrees. When the bar touches your chest,

push your feet into the front of your shoes as you press it back up. Also, try this routine from Martin Rooney. Bench once per week for four weeks, doing five sets of 10, and then test your one-rep max in week five. Now spend another four weeks doing six sets of five, and then test your max in week 10. At the same time, strengthen your triceps. "You should see at least a 5% increase," says Rooney.

Are You Unbalanced?

If the strength of the muscles on opposing sides of your body isn't balanced, you'll pay for it later

A big bench press is awesome, but unless you can hoist a good amount on the chinup too, you put yourself at risk for bad posture due to a weak upper back. You're also more susceptible to shoulder pain, since you'll lack the muscle balance required to hold your scapulae properly in place. Make sure you can lift 85% of your bench press max on a chinup. This amount includes your body weight, so a 180-pound man who can bench press 240 should be able to be able to perform a minimum of one chinup with 25 extra pounds hanging from a belt (205 pounds total). One way to prevent an imbalance from developing is to simply alternate sets of bench presses and chinups in your workouts, guaranteeing that you get as much work pulling as you do pushing.

The same holds true below the equator. If your squat and deadlift poundages aren't close, lower back and knee pain can result. Because you typically have better leverage with a deadlift, you might be able to get 20-25 more pounds on it than your squat. If the discrepancy is much greater than that, you need to practice the lift you're weaker at as it's probably the result of poor form (or simple neglect).

You can squat and deadlift on the same day (do the squat first) or give each its own workout, spaced at least three days apart. See [page 163](#) for squatting tips; for the deadlift, keep your weight back on your heels and "think about pulling your lats to the floor," says strength coach Murphy. This should help you keep your chest up and lower back arched.

JAMES MICHELFELDER AND THERESA SOMMERSETH

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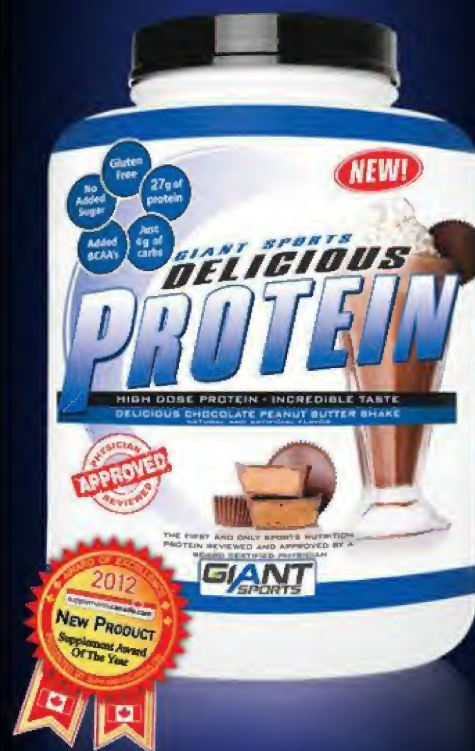
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ON THE COVER

Ralph Lauren Black Label Denim T-shirt, \$125, ralphlauren.com; Tag Heuer watch, \$4,000, tagheuer.com

BREAKTHROUGHS

Page 19: Speedo swim trunks, \$42, speedo.usa.com

Page 20: Diesel polo,

\$118, diesel.com; Levi's jeans, \$78, us.levi.com; Converse sneakers, \$50, converse.com

Page 26: All clothing by Under Armour, underarmour.com

Page 28: On Dad: 7 For All Mankind shirt, \$78, 7forallmankind.com; Jorg Gray watch, \$695,

jorggray.com; On son: All clothing by Gap Kids, gap.com

GAME CHANGERS

Page 34: Nike shirt, \$60, nike.com

Page 36: All clothing by Nike, nike.com

Page 42: Banana Republic shirt, \$80 and tie, \$60, Banana Republic stores, bananarepublic.gap.com

Page 46: Guess shirt, \$59; T-shirt, \$39; and watch, \$145, guess.com

Page 48: Tag Heuer watch, \$4,200, shop.tagheuer.com

Page 52: Clinique sunscreen, \$25, clinique.com

Page 54: Nivea moisturizer, \$6, niveaformenusa.com; Jack Black powder, \$19, getjackblack.com; Neutrogena lip moisturizer, \$3, neutrogena.com; Lab Series face treatment, \$29, labseries.com

Kiehl's moisturizer, \$40, kiehls.com

RED HOT SUMMER

Page 72: Nike FuelBand, \$149, nike.com; Ray-Ban sunglasses, \$145, ray-ban.com

Page 74: All clothing by Uniqlo, Uniqlo stores, uniqlo.com

Page 75: M-Audio headphones, \$99, m-audio.com; Dita Eyewear sunglasses, \$700, dita.com; Spitfire wheels, \$25 set of 4, amazon.com; Y-3 sneakers, \$280, y-3store.com

Page 77: William Rast sunglasses, eyewear retailers nationwide

NO MORE MR NICE GUY

Page 83: All clothing by Tommy Hilfiger, Tommy Hilfiger stores, tommyhilfiger.com

Page 85: Polo Ralph Lauren T-shirt, \$45, ralphlauren.com

Page 86: All clothing by DKNY, dkeny.com

Page 89: RLX Ralph

Lauren hoodie, select Ralph Lauren stores

THE FASCIA AND THE FURIOUS

Page 90-91: Aether T-shirt, \$40, aetherapparel.com; Nike shorts, \$36, nike.com; Under Armour shorts, \$28, Paragon Sports stores, paragonsports.com

Page 93: Under Armour tank, \$25, Paragon Sports stores, paragonsports.com; Converse sweatpants, \$48, converse.com; Casio G-Shock watch, \$80, gshock.com

ASK MEN'S FITNESS

Page 104: Banana Republic bag, \$250, bananarepublic.com

BODY BOOK

Page 113: Ralph Lauren Black Label Denim T-shirt, \$125, ralphlauren.com; Tag Heuer watch, \$4,000, shop.tagheuer.com

6 WEEK SLIMDOWN

Page 127: TYR cap, \$11 and

TYR goggles, \$20, Dick's Sporting Goods stores

Page 128: Nike T-shirt, \$28, and shorts, \$40, nike.com; Puma sneakers, \$110, puma.com

Page 130: Nike top, \$40, nike.com; Pearl Izumi shorts, \$50, pearlizumi.com; Puma sneakers, \$110, puma.com

Page 132: Under Armour shorts, \$40, underarmour.com; Puma sneakers, \$110, puma.com

Page 134: Nike shirt, \$70, and shorts, \$58, nike.com; Puma sneakers, \$110, puma.com

Page 142: Gap boxers, \$13, and jeans, \$70, Gap stores, gap.com

Page 155: Aether T-shirt, \$40, aetherapparel.com; Nike shorts, \$36, nike.com; Under Armour tank, \$25, Paragon Sports stores, paragonsports.com; Converse sweatpants, \$48, converse.com

Magnesium may not help you win the race.

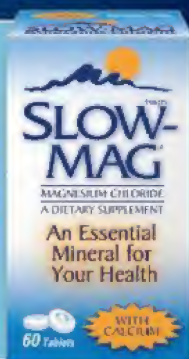


But it may help you stay in it.

Slow-Mag® Tablets can help you avoid hitting the wall by giving your body the magnesium it needs, which you may not get from diet alone.

Growing research suggests that decreased levels of magnesium cause the body to use more oxygen and decrease energy efficiency during intense workouts.¹ When not getting adequate magnesium through diet, you can help maintain proper magnesium levels with Slow-Mag® Tablets. Proper magnesium levels are required to help maintain:

- Good cardiovascular health*
- Normal heart rhythms*
- Proper muscle function*



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

¹ Lukasi HC. Magnesium, zinc, and chromium nutrition and physical activity. Am J Clin Nutr 2000;72(suppl):585S-591S. Available at: <http://ajcn.org/cgi/content/full/72/2/585S#SEC6>.

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and we're out...

#fitwit

Fitness in 140 characters or less BY TED SPIKER



Unless your name is @DavidHasselhoff, do not run on the beach wearing board shorts.



Unless your name is @PamelaDAnderson, do run on the beach wearing a top.

Exercise equation: 4 minutes of an ocean swim feels like 2 hours of biking.



#SeenOnMySummerRun: Crushed can of Bud, 3 dried worms, mirages of Gatorade fountains.



Best lung-busting workout ever: blowing up the inflatable kiddie pool.

Fact: Boogie boarding counts as exercise. Wiffle ball does not. Fact: Boogie boarding won't make you sore after. Wiffle ball will.

Burpees = what typically happens after drinking too quickly from the Fourth of July cooler.

Hats off to anyone who goes to the gym at 5 a.m. No, seriously, take your hat off.



Tweet @mensfitness with #fitwit to join the conversation.

Increases running pace: 1) Mid-run thunderstorm. 2) Adding College of Wooster drum cadence to playlist.

Sunblock: What you're going to do if you don't get your butt off the couch and drop a few.



Kickball, Friday at 5, my place.



Vacation exercise = #EarnTheMargaritas



Surfing: Wet suit, paddle hard, keep your eyes up. Analogy for life, dudes.

WEIGHT-LOSS SECRET REVEALED! Found a way to lose 2 pounds in 2 minutes, just in time for beach season: Clip your back hair.

Dehydration is nothing to joke about. #TeamClearPee



I will not wear a tank top. I will not wear a tank top. I will not wear a tank top. #UnlessIm19

Lying with your face down, buried in a beach towel, is so not a plank.



Car most likely to give you plenty of road room while cycling: minivan. Least likely: pickup truck.



Out on a trail: mountain bike > run > hike > fall into patch of poison ivy > walk into web of a fist-size spider.

If bench is to impress the boys, and curls are to impress the girls, who the eff am I doing Bulgarian split-squats for?

Clockwise from top left: PhotoFest, NBD/PhotoFest, Richard McGuire/Stockphoto, ZUMA Press, Inc./Alamy, Aeder Erik, IMAGEMORE Co. Ltd., Industry/Alamy, Maria Rutherford, Brian Hagiwara, Stockphoto.

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LOOK AT THE SUPPLEMENT PANEL – Zero B.S. It is made up of an all star cast of superstar muscle building and pump promoting ingredients – CREATINE, GLYCEROL MONOSTEARATE, AGMATINE, GLUTAMINE, and a NON-STOP STIM / ENERGY MATRIX.†

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*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

†When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and 1 or in vitro model scientific research data findings for individual ingredients.

